

TOUGH TALKING

Olympic champion Nicola Adams tells us why we should boxercise **P46**

Stories as the perfect starter



Masterclasses deliver more for your cash as **Iberica's** staff unpack their product knowledge **P47**

JAMES PERRIN

Inside



BANK JOB

TfL wants to know what you think about its station upgrade **P4**



BAIL OUT

Wharfers spend a day in emergency raft on the dock for charity **P7**



PUNCH BAG

Anthony Joshua has a dream start to his professional career **P54**

GETTY

OLYMPIC LEGACY Officials say everything's dandy, but Tower Hamlets only gets 27 homes **P8/12**



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WEATHER

12C TODAY
Partly cloudy

13C FRIDAY
Light rain

12C SATURDAY
Cloudy

12C SUNDAY
Light rain

13C MONDAY
Light rain

TRAVEL

TUBE & DLR
DLR is fine. Jubilee line is shut between Waterloo and Stanmore. Overground is shut on Sunday between Surrey Quays and Clapham.

ROADS
No problems.

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CONTACT US

The Wharf
Trinity Mirror
21st Floor
One Canada Square
Canary Wharf
LONDON E14 5AP

EDITOR Giles Broadbent
email newsdesk@wharf.co.uk
editorial 020 7510 6306
advertising 020 7510 6055
web wharf.co.uk

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ESTABLISHED 1998

Agenda

Blasted from my cocoon of silence

There I was, quietly erasing a day's worth of work encounters from my mind on the DLR, when Satan's ass trumpet shattered my reverie.

Since when did it become publicly acceptable to play your "music" out loud on the tinny speaker of your phone? I put music in quotation marks, because I'm yet to recognise, or enjoy, any of the songs people beat my eardrums with on communal transport.

When music's shared on a train, my instinct is not to break into some gleeful flash mob dance routine. My instinct is to ram the offending

BLONDE'S EYE VIEW



ANGELA CLARKE

phone up the offender's bottom. I only resist as I the fear their rectal passage would act as a speaker, and amplify the din.

Have these aural assaulters never heard of headphones? Are they unaware they're in a crowded, and already repellent, shared space? Is it a desperate bid to empty the carriage and get a seat? If you're feeling that ill, dude, just say. Don't make your mobile vomit on your behalf.

Surely no one thinks it's OK to desecrate the peaceful, eyes down, rattle and clunk of our transport system?

I like to choose what I listen to and

when I listen to it. If I wanted my ears to ache with an incomprehensible selection of drum 'n' bass I'm too old and too uncool to be listening too, I'd go to a club.

These noise nuisances can't be showing off their mobile's capacity to play MP3s – that's so 1999. I can only conclude we're dealing with ghetto blaster-sized disc heads.

It's time to fight fire with fire. Next time someone enforces a soundtrack on a commuter journey, let's all blast them at once with Black Lace's *Agadoo*. That'll shake them.

Follow Angela on Twitter:
@TheAngelaClarke

London eye



REUTERS / SUZANNE PLUNKETT

Artist JR poses with his public art installation *Actions* at Somerset House. The images are generated via a photo booth for members of the public to use

A week in London
Page 50

What our writers are talking about



For and editor there are few more exquisite agonies than a published howler that attracts ridicule or opprobrium.

Giles Broadbent

We haven't climbed a Mayan pyramid to watch the destruction of a virgin to honour the sun God. It's a ham.

Jon Massey

Brazenly conduct the affair in the open, so no-one will suspect a thing? A case for Poirot or Ms Marple methinks.

Tabitha Ronson

One of the great paradoxes of life in the East End is that in the past 30 years unemployment has stayed high.

John Biggs

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

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60 Second Wharf

NEWS

Working on a Bank job

TfL engages in its third consultation in three years over improvements to Bank station on the DLR.

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Bailing out for charity

Wharfers take to West India Dock in an emergency life raft to raise funds for a cancer charity.

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Borough gets raw deal

Tower Hamlets only manages to secure 27 homes for residents on the former Olympic site.

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FEATURES

Punching to fitness

Olympian Nicola Adams tells us about the workout she's lent her name to at Virgin Active.

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Get under a pig's skin

Masterclasses at Iberica prove to be the best deal on the Wharf with the fee knocked off diners' bills.

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Blooming marvellous

Jeweller explains her decision to open up in Greenwich and takes us through her flowery collection.

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THIRD TIME LUCKY

ENTERTAINMENT

O2's club space is reborn again as AEG has a go at making it a success

Beth.Allcock
@wharf.co.uk

A collaboration aimed at injecting fresh life into a club space at The O2 forms part of the venue's wider vision to cement the former Millenium Dome's reputation as the top entertainment destination in the world.

The deal, between The O2 and London Warehouse Events, was signed earlier this year to bring brands including Radio One DJ Mista-jam's Speakerbox to the newly-named Building Six.

Jennie Double, events sales director for The O2, admitted the club space had an "interesting and diverse history" ahead of its launch event on Saturday.

Originally opened as Matter in 2008, it was transformed into Proud 2 – part of Alex Proud's stable of venues – following a £1million refurbishment in 2011.

"For a variety of reasons, both projects reached a natural end," said Jennie, revealing a two-pronged plan of action to create a revered club venue and leading corporate event space.

"Earlier this year we made the decision to take ownership of the venue in-house and utilise the skill sets of The O2's teams to create an exciting and diverse program of events."

"It is such a great venue and we have the tools and contacts to make it a success."

"It will also showcase The O2's broad audience and its ability to adapt to a variety of business and consumer sectors."

The newly-transformed venue, housed within the North Greenwich premises and spread across three floors, has already hosted events for O2 Telefonica and Fullers.

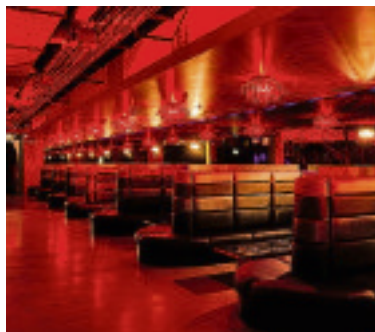
But this weekend it will be reserved as a haven for ravers at Building Six's launch night, which will feature DJ's including EZ, the Stanton Warriors and headline act Mista-jam.

Will Harold, owner of London Warehouse Events, said: "We are really excited to be working in such a great space, we've created a strong and unique partnership with AEG to deliver a series of cutting edge electronic music events for London."

"The first few shows have received an



The venue has been re-branded Building Six and will be used for club nights and corporate events



Red light: seating upstairs at the club

amazing reaction and there's more to be announced shortly. We are excited for the launch on October 12 with Speakerbox."

Jennie said: "Live music is arguably one of the nation's biggest pastimes and there are not many venues in the capital, let alone the local area, that will be able to offer a 3,300 capacity venue for some of the hottest club nights around."

"We also offer a very different and exciting space for corporate event clients."

Go to theo2.co.uk.

NEWS IN BRIEF

Round-up



Driving school comes to Excel

EVENT Ford is running a driving skills programme at Excel on Friday. Aimed at newly licensed drivers, the scheme is making its debut in the UK this year after a decade in North America. Book at excel-london.co.uk for Ford Driving Skills For Life.

Help at Christmas

CHARITY Waitrose has launched a new initiative to help support elderly, homeless and vulnerable people this Christmas.

The retailer is asking organisers of Christmas dinner events for those who would normally be on their own to get in touch with their local store to apply for support. They are offering food, money and other resources as well as volunteering hours from Waitrose Partners.

The deadline for requests is November 15.

Councils challenge fire cuts

COUNCILS including Tower Hamlets and Greenwich have gone to the Royal Courts of Justice in an attempt to thwart fire brigade cuts imposed by the Mayor of London Boris Johnson.

The plans will see 10 fire station closures take place in January unless the courts reverse the decision.

Islington Council is leading the group of seven London boroughs, which lodged a joint application for a judicial review last Thursday. The councils have also applied for an injunction to stop the cuts going ahead until after the review is considered.

Cllr Chris Roberts, leader of the Royal Borough of

Greenwich, said: "We believe we have a strong case and we will succeed in defending our communities from these cuts."

Among the fire station closures are Woolwich in Greenwich and Bow in Tower Hamlets. Mr Johnson forced the cuts through the London Fire Authority earlier this year.



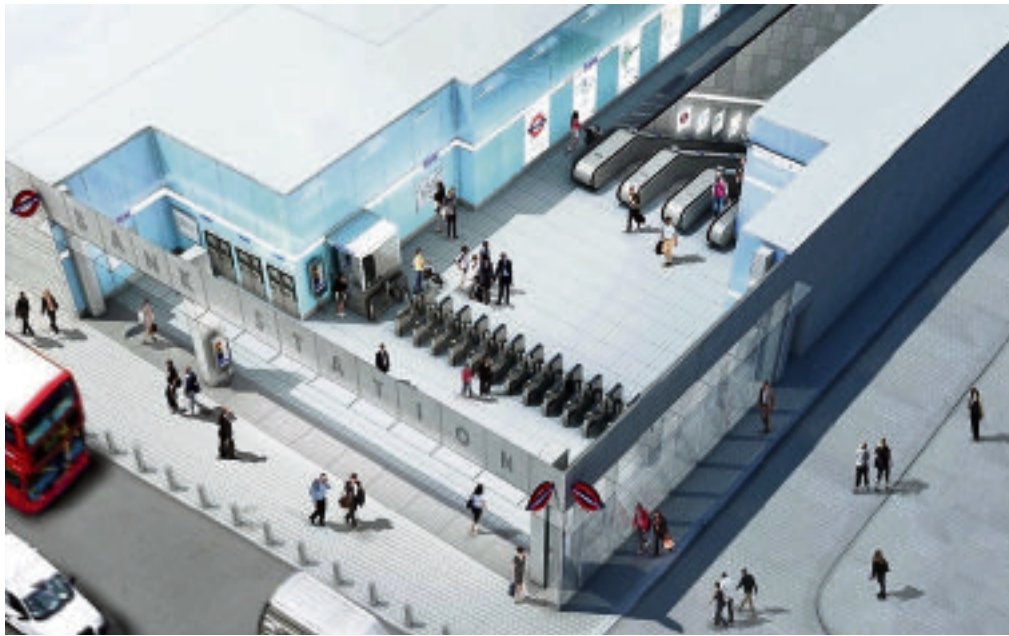
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ALL CHANGE For the third time in three years TfL is consulting the public on plans to improve Bank station. Proposals for the six-line interchange include a new entrance in Cannon Street (artist's impression above), a moving underground walkway, more lifts and escalators and step free access between the Northern line and DLR.



Another artist's impression of how the Cannon Street entrance might look if the plans are approved by the Government

Opinions sought on Bank job plans

TRANSPORT

Consultation is launched on TfL's proposals for its 'worst' interchange

Rob Virtue
@wharf.co.uk

Passengers are being asked for their views on how to improve the capital's worst Tube station.

Transport for London has begun a consultation into a potential upgrade at Bank.

The public have until November 8 to voice their opinions on the works for the six-line link, which includes the DLR. A number of changes are proposed by TfL to offer more space, better accessibility and quicker evacuation routes at the station.

The plans also include a new exit at Cannon Street, step-free access from the DLR to the Northern line, more lifts and escalators, and a moving underground walkway.

David Waboso, London Underground's capital programmes director, said: "Bank is a key interchange for our customers and it's vital that we keep pace with the increase in demand we're seeing now and in the future."

"We've adopted a new innovative

approach to developing the Bank proposals, which has allowed us to incorporate innovations through market competition.

"Now we want our customers' views on our plans so that we create a modern Tube interchange that works for Londoners."

This is the third consultation on upgrading Bank in as many years.

TfL awarded a contract for the upgrade to Dragados SA in July this year. Works should start in 2016 and be completed in 2021 if the Government gives the project the go-ahead.

8

Years for Bank works to be completed, if approved

Earlier this year Bank beat Acton Town and Oxford Circus in a poll to find the worst Underground station.

Laurence Janta-Lipinski of YouGov, which ran the poll, said at the time: "I'll refrain from speculating on why Bank is so unpopular."

"Perhaps this poll will have TfL's bosses asking how they can make it a more pleasant experience for customers?"

To participate in the consultation go to tfl.gov.uk/bank.



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Punch power Nicola Adams talks working out tough

Health / Page 46

Why I'll fight new crossings

TRANSPORT

Green says plans put the profits of the few above the health of the many

Rob Virtue
@wharf.co.uk

A leading figure in the Green Party has promised to scupper plans for east London river crossings and said politicians in support of them were sacrificing health for small economic benefit.

Darren Johnson, who is also the chair of the London Assembly, hosted a meeting of academics and environmentalists against the proposed Silvertown Tunnel and the Gallions Reach crossings last week.

The links have the backing of a number of east London politicians including Tower Hamlets and Greenwich MP's Jim Fitzpatrick and Nick Raynsford, as well as London Assembly Member for City and East John Biggs, claiming it would boost London's economy.

Councils from both sides of the river are also calling for crossings to



Darren Johnson will do everything he can to scotch the proposals

be built and, under the instruction of the Mayor of London Boris Johnson, TfL has already held a consultation into the plans.

But speaking to *The Wharf* Darren Johnson said he would do all he could to make sure the crossings never materialise.

Why are you against crossing proposals?

"These people are prepared to sacrifice air quality for economic benefit. There's no evidence more roads equate to more jobs."

"These people are prepared to sacrifice air quality and the right to clean air for economic benefit for the few," he said.

"Obviously we need to create jobs and opportunities but not by building more roads. And there's no evidence that more roads equate to more jobs."

"We worked to scupper the original Thames Gateway bridge and secured funding for the case against that at the public inquiry."

"We fought off Ken Livingstone's road building schemes and we're going to fight off Boris Johnson's road building schemes as well."

Speakers at the meeting at City Hall said the money should be put towards cycle and pedestrian crossings, such as more ferries.

Transport consultant John Elliott said: "London has an unmet demand for traffic. We've got to encourage people to use other forms of transport."

Those in favour of the plans say..



■ **MP Jim Fitzpatrick:** "East London will be only expanding in the future and

we've got to look at more crossings. Two at a minimum. Half of London's population is living east of Tower Bridge so this is a big issue for the area."



■ **MP Nick Raynsford:** "For too long, Greenwich and Woolwich have suffered from

inadequate provision for river crossings. Severe congestion at Blackwall, and also queues of lorries waiting for the Woolwich Ferry, are not just inhibiting economic development, they are also causing serious pollution."



■ **AM John Biggs:** "This is for the sake of regeneration in south and east London and improving the area's economy."

COURT

Island man is convicted of knife murder

A JURY at the Old Bailey has found a grandfather guilty of stabbing to death a 20-year-old man in a residential street on the Isle of Dogs.

Shofique Uddin, 51, pictured, murdered Sultan Ahmed in Larson Walk on May 30 last year. The attack came after an argument with Uddin's neighbours about dirty water seeping into his garden.

Sultan was stabbed with the knife through his left lung and heart and died at the scene.

The court had heard about a confrontation earlier that day in which a son of Uddin verbally abused a woman next door over the water coming into their property from carpets being washed.

Later a group, made up of family members from the neighbouring house and their friends, knocked on Uddin's door to confront the son.

It soon became heated and Uddin was seen waving a knife wildly before stabbing Sultan.

Uddin's wife, Gulbahar Begum, also 51, was acquitted of two counts of grievous bodily harm, while the couple's daughter Rahela Begum, 27, was cleared of actual bodily harm.



Rob Virtue

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Food / Page 47

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News



Picture Special

James Perrin snaps away for the *Feast At The Farm*



■ Chefs and foodies descended on Stepney City Farm last Wednesday to feast on a pig fed on food waste as part of **The Pig Idea**, calling for a re-think on how porkers can be fed.

In June, eight pigs arrived at the east London site for a life spent feeding on unsold veg and excess okara, as part of the project launched by industry expert Tristram Stuart and Wahaca founder Thomasina Miers. Chefs, including Miers, whipped up canapés for the **Feast At The Farm**, attended by Fergus Henderson, Joseph Trivelli and Tom Parker-Bowles.



Why we spent 24 hours on a raft in the dock



KPMG's Vincent Neate, James Holley and Priyan Patel embark on their fund raising challenge to spend a day in an emergency life raft floating on West India Quay

Wharfers take to the water in bid to raise charity cash

Beth.Allcock
@wharf.co.uk

Despite bags stuffed with sweet treats, decks of cards and board games a trio of Wharfers found a charity challenge on the waters of West India Quay wasn't all plain sailing.

The team from KPMG – comprising Vincent Neate, James Holley and Priyan Patel – spent 24 hours on an inflatable life raft to clock up cash for Sail 4 Cancer.

For 45-year-old Vincent, partner in charge of sustainability practice at KPMG, swapping his Canada Square desk for a stint inside the “tiny” emergency craft was close to his heart after his

sister Milly died from cancer six years ago.

He said: “I quite like doing mad things and I had never done anything for a cancer charity, so I felt it was a good thing to do.

“I feel pleased I did something in my sister's memory. With these things, you always end up thinking this is nothing compared to someone either having cancer or having to care for people with cancer – it was a very, very small sacrifice to make.”

The gesture may have been small, but it was far from comfortable. Just 10 minutes into their day-long stint, running from noon on Friday, water on the floor sparked debate as to whether condensation had crept in or their craft had sprung a leak.

Vincent said: “There was just enough room for three of us to lie down – it's designed to hold eight but that would have been a nightmare.

“It's a tiny area and you're literally an inch from the water beneath you. It was

OK – until the water started coming in. We had been in there five hours when we did the first proper bail out.

“We did it again at 9pm but unfortunately we dozed off and woke up at 6am in three inches of water – really bad.

“It was very, very cold. We were wearing all the clothes we had and they were wet, so we spent the next six hours in wet clothes.

“You'd be surprised, given how clean Canary Wharf is, that the water was smelly.”

And despite the decks of cards and games on-hand for entertainment, a good

■ Sail 4 Cancer is looking for other Wharfers to take on the 24-hour Liferaft Challenge. Go to sail4cancer.org.

chat over some hearty grub including tasty pain au chocolat and fruit saw the Wharfers pass the time.

Taking just six toilet breaks between them, Vincent said they were determined to ensure the task was as full on as possible.

“You don't think for the whole 24 hours, you just sit there and wait,” said the keen sailor. The last five minutes were brilliant. I felt really elated. It was really good to have done it. It was so nice to think of being on the way to being dry, warm and clean.”

The trio have raised nearly £7,000 so far. To contribute go to sail4cancer.org/team-kpmg-liferaft-vincent-neate.



Emergency rafts are capable of taking eight passengers

NEWS IN BRIEF

Diary dates

Sports greats to put pen to paper

SIGNING Four British sporting greats visit Canary Wharf over the next seven days to sign their autobiographies in Jubilee Place Mall. Former England cricket captain Andrew Strauss arrives today (Thursday) at 1pm, followed by Olympic gold medallist Mo Farah on Monday, boxer Ricky Hutton on Tuesday and Paralympic gold medallist David Weir on Wednesday, all at 12.30pm. To reserve copies call Waterstones on 020 7719 0688.

Beats, style and a charitable cause

FASHION Head to Zebra Expo 2013 on Saturday for music and fashion in Newham's Cody Dock.

The event starts at 7pm with funds raised going to Leukaemia and Lymphoma research.

VIP Guests can opt to party the night away in a refurbished boat on dry land while the catwalk will wind its way around the outdoor tables. Music comes courtesy of a number of artists including R'n'B singer Wayne Marshall.

Tickets cost £7 on the door or £5 online. Go to zebramodels.com.

City hotel aims to tap into its locality

A NEW hotel promises to be a “game changer” in the budget boutique market when it opens in east London.

Qbic Hotel London City will open its doors on October 19, in Adler Street, a short walk from Aldgate East tube station.

Rates start from £59 per room, per night, including breakfast and high-speed Wi-fi. Qbic will also offer impromptu cookery sessions, temporary art exhibitions and local excursions.

Each bedroom will feature a compact,

cube-shaped pod called a Cubi, which integrates the furniture and bathroom.

Half of the hotel's staff will be recruited locally and partnerships will be established with charities Food Cycle and Bike Works.

Go to qbichotels.com for more information.

■ Meanwhile Newham Council is set to reject plans by Jade Investments for a 20-storey hotel in Royal Docks at a meeting next Tuesday. An officer's report has raised concerns over its design and sustainability principles.



A Cubi pod at new east London hotel Qbic

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Armed robber gets four-year jail term

Rob.Virtue
@wharf.co.uk

A MECHANIC who held up a Newham off-licence with an imitation handgun, taking a bottle of brandy and a packet of cigarettes, has been jailed for four years.

Giedrius Skliaudys, 30, had earlier been turned away from the Lucky Food and Wine shop in Plashet Grove as he had no money.

Skliaudys, of Lansdown Road, E7, was ejected from the shop as he tried to buy wine at 11pm on March 31 this year. Minutes later he returned and tried to grab two bottles of beer and, in a scuffle, a shop assistant was hit on the back of the head by an unknown man.

But Skliaudys returned for a third time an hour later with what looked like a handgun. He spent 25 minutes tormenting the shop assistants and told them: "I can kill anyone. I will only do five years."

Staff gave the robber the brandy and cigarettes and he left. Meanwhile, labourer

Nerijus Rutkauskas, 28, also of Lansdown Road, was outside acting as a look-out.

His behaviour raised the suspicions of a minicab driver who called police and followed the pair as they made off along Katherine Road. The men were soon arrested. The goods and a loaded air pistol were found nearby.

Skliaudys was sentenced at Inner London Crown



Court to four years on Monday after pleading guilty to robbery, possession of an imitation firearm and theft.

Rutkauskas was given two and a half years in prison after being

found guilty of possessing of an imitation firearm. He was cleared of assault and robbery charges.

Detective constable David Spraggett, of the Met's Flying Squad, said: "Skliaudys terrified three men over the course of two hours. He was bent on the power of brandishing what appeared to be a genuine handgun, instilling fear in these men who were frightened for their lives."

Legacy worries laid to rest by officials

LLDC says concerns not merited as it shifts plans in favour of commercial interests

Beth.Allcock
@wharf.co.uk

Concerns the London 2012 legacy may not be benefiting the East End's existing communities have been batted back by its caretakers.

Paul Brickell and Neale Coleman of the London Legacy Development Corporation (LLDC), answered questions from members of the London Assembly's Regeneration Committee on Tuesday.

Assembly Member for City and East John Biggs said he felt there was too much emphasis on the Olympic Park and "very underwhelmingly on the wider integration with communities". He also suggested Stratford residents saw homes at the former Olympic Village as unaffordable.

But Neale, deputy chairman of the LLDC, said: "Most of our energy has been focussed on building regeneration issues. There's always a very difficult balance between creating new opportunities and the inevi-



Land south of the Orbit, above, may now be used for commercial purposes instead of housing as planned

table increase in land value and making sure you're not leaving existing people in the area behind."

He said 100,000 people had visited the Olympic Park in September and that statistics showed 41 per cent of the workforce on-site had come from the host boroughs. He added the re-opening of the Copper Box had generated 60 new jobs – with 90 per cent going to people in the locality.

He maintained LLDC was "very, very

conscious of issues around affordability" and putting homes within reach of existing residents.

He said half of the affordable housing at the Olympic Village was at target rents and "well within" the grasp of low income groups and added that LLDC had a site-wide target to offer 35 per cent affordable housing and a minimum requirement of 20 per cent.

Although housing schemes are in place at Chobham Manor and proposed for the west side of the park, which will bring 1,600-homes to the market six years earlier than initially planned – now in 2023 – the picture is changing.

Other vacant land in Newham originally earmarked for housing south of the Orbit, near Pudding Mill Lane and by the Stratford waterfront could now make way for an economic element.

"The penny dropped that business was very interested in this part of town," said Paul, executive director of regeneration and community partnerships.

"In a sense, we are realising with this a long-held ambition to generate as many jobs as possible.

"And we are saying to kids this is a part of London that is changing, these are the kind of careers that are arriving and these are careers you can aspire to."

Housing legacy / Page 12

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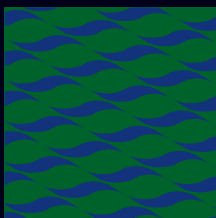
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Notebook

Where do people get the time to be duplicitous?

The school gate is hotting up with gossip. The mummy whose ex is flirting with another mother in the class is apparently now up to her own shenanigans.

She is getting rather friendly with the married daddy of a child in Year Two. Our boys are in Year One. The scandal of it – an older year group!

Tongues started wagging when she was spotted walking near the school with the daddy, their heads buried together, seemingly deep in conversation. The following day at pick up, by the

school pegs, he sidled up to her, and, out of ear shot, whispered something to her that made her flush like an adolescent schoolgirl. They have also been seen working out together and sharing a Jacuzzi at the health club local to the school and sharing coffee and cake at a nearby coffee house.

I have to admit I have seen none of these alleged incidents. I have simply heard about them on the mum-vine.

As I am quite friendly with the mummy under scrutiny, I have become the go-to-person of the gossips desperate

WORKING MUM



TABITHA RONSON

for some juicy titbits to distribute.

Several mummies have mentioned the relationship to me, each refusing to believe I know nothing.

Now, call me naïve but if one were having an illicit affair surely one wouldn't conduct it under the beady eye of the school gate? Or is that what they would want you to believe – a double bluff? Brazenly conduct the affair in the open, so no-one will suspect a thing? A case for Poirot or Ms Marple methinks.

As I was running late from work on Tuesday, the targeted mummy picked up

Master A from After School Club for me. I arranged to collect him from her house.

On these far too frequent occasions, we normally have a lengthy catch up. However, when I rang the bell there was no invite in. Did she have a hard day at the office? Dinner burning on the stove? No. As we passed the black Porsche Cayenne at the top of her turning it became clear: The married father on his way over.

Working mum: Wondering where all these people find the time to lead such duplicitous lives?

POLITICAL VIEWPOINT

By John Biggs

Break down the barriers to employment

One of the great paradoxes of life in the East End is that in the past 30 years or so, tens of thousands of new jobs have arrived but unemployment in the area has stayed high.

Everyone has an opinion about this. Some feel the area is hard done by, others that it's about scroungers who don't want to work.

The reality is more complicated. It's about low skills and self-confidence, low horizons, individual health problems, childcare and some cultural issues, to name a few.

There are certainly also some challenges of discrimination – while there has been lots of progress, many people still like to employ other people who look or talk like them.



Some feel the area is hard done by, others feel that it's about scroungers

There are doubtless some people who don't want to work, but not many. I get annoyed with stories in the newspapers about benefit scroungers; while you might find some examples of this they are often greatly sensationalised.

But the idea of them is convenient. It sets people against people and hides the real social issues.

We need a concerted attack on those many blocks to employment. Working with individuals, employers, colleges, support agencies we need to break them down and get people into work.

One of the reasons I am running for Tower Hamlets Mayor is to do that. The current mayor doesn't. It's time to attack this problem.

London Assembly Member, City & East



Wharfinger The long view



1938 Leader of the British Union of Fascists Sir Oswald Mosley (1896-1980) giving a fascist salute to supporters during his march in Brompton. The BUF constantly targeted the east of the capital with its Jewish population. Mosley's intent was to stir the capital to action and it had culminated in the Battle of Cable Street in 1936. This led to the Public Order Act that forbid the wearing of political uniforms.

1990 Princess Diana visiting an old people's hospice in Bethnal Green.



High Five Hardback bestsellers

Jamie Oliver sees off the challenge of thrillers, war and death with his money-saving tips



Save with Jamie: Shop Smart, Cook Clever, Waste Less
Jamie Oliver



Police
Jo Nesbo



Never Go Back
Lee Child



Catastrophe: Europe Goes To War, 1914,
Sir Max Hastings



Skulduggery Pleasant: Last Stand of Dead Men
Derek Landy

SPIRAL NOTEBOOK

By Giles Broadbent

The exquisite agony of the morning after

For an editor, there are few more exquisite agonies than a published howler that attracts ridicule or opprobrium.

Feels like the entire world is shining a spotlight onto the tiny paragraph (or large headline) that, the day before, seemed stupidly benign. It's like that drunken text reviewed in the sober light of day. It's so obvious.

After the red faces comes the course of action. If it's a drop-dead, bang-to-rights mistake it's easy. You hold your hands up. Slip a copy of *The Beano* down your trousers and march to the headmaster's study.

But if it's a matter of interpretation or – worst of all – a casual cruelty to an innocent bystander, a whole new range of actions kicks in.



Beano down your trousers, you march to the headmaster's study

You stand by your story until the investigation's done, of course, but meanwhile you work on the semantics. This often involves a dictionary. If you are only going to dance on the head of a pin best to have the OED as your partner.

But you know what's fair and what's not. You know, deep down. You're an editor because you have a nose for injustice, even those perpetrated by your own.

And while putting up a defence you come face to face with an irrefutable argument, it's time to start conceding ground until, somewhere down the line and, usually, without the intervention of watchdogs or lawyers, you make things right. You do the penance.

Because you know what's right and what's wrong. If you don't, you've lost a grip on your purpose.



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Woman hit victim simply for wearing her burka

COURT

A 46-YEAR-OLD woman who repeatedly punched a Somali woman wearing a burka in a racist attack has been fined and ordered to pay compensation.

Tracy Davies, 46, of Charlton Lane in SE7, had pleaded not guilty to the assault on the 55-year-old woman in Woolwich town centre five weeks after the murder of Lee Rigby.

Bexley Magistrates Court heard that on June 29, the victim was shopping with her daughter when Davies shouted racist remarks. She then punched her a number of times.

Supt Parm Sandhu, in charge of Greenwich Safer Neighbourhoods, said: "Davies' racist and repugnant remarks were simply triggered by seeing a woman in a burka."

"June was a sensitive time – this attack was completely unprovoked and the result of sheer bigotry."

"Those who were shopping came to the rescue and assisted police. We thank them for their assistance."

Soldier Lee Rigby was killed in Woolwich Town Centre on May 22. Two men have been charged with murder.

Davies was ordered to pay a £150 fine, £100 in compensation and £105 costs.

Borough lands only 27 homes in village

POLITICS

Figure is another blow to legacy hopes – and waiting lists

Rob.Virtue
@wharf.co.uk

Tower Hamlets has been guaranteed just 27 of nearly 1,400 affordable and social rented homes in the former Olympic Village – despite being a host borough with thousands on its housing waiting list.

Isle of Dogs councillor Zara Davis uncovered the figures and said it put a question mark over any Games legacy for the east London borough.

The Conservative said: "There are many thousands of people on our housing waiting list. As one of five Olympic host boroughs, it's not unreasonable to expect Tower Hamlets to benefit substantially from the conversion of the former athlete's village into housing."

"I was shocked to find that in fact we will be receiving less than 30 new homes."



The former Olympic Village is now East Village with homes for rent

"Residents were promised a tangible legacy that benefits our community for years to come."

The Olympic Village is being converted for use by Londoners and has become East Village.

In total there are 2,800 new homes, with around 1,300 of them being social and affordable.

Triathlon Homes, which is responsible for the social rented and affordable housing part of the

Athlete's Village, said the figures came from a pre-existing agreement it had no control over.

It added the 27 figure only accounted for 675 social rented properties, with the other 704 being affordable where priority would be given to anyone in east London who fits the criteria.

A spokeswoman for Triathlon said: "As the borough where the homes are based, Newham received almost half of the 675 social rented homes."

"The remainder are for Tower Hamlets and other host boroughs, the Greater London Authority, and Triathlon Homes itself will allocate a number to help alleviate local housing need."

"This was decided through an arrangement that's in place for all Homes and Communities Agency funded homes in east London."

"Residents in Tower Hamlets and across all east London boroughs are also prioritised for the 704 shared-ownership and intermediate rent homes, which will enable eligible people on a range of incomes to live in a high quality home at East Village."

Tower Hamlets will receive as many social rented homes as the other three host boroughs. Newham will get 348 of the homes.

The disparity is the latest disappointment for Tower Hamlets in relation to the Olympic Games legacy.

During last year's event it failed to host any sports, with the route of the Olympic marathon even being changed to take it away from the East End.

The walking race and the basketball were also relocated away from Tower Hamlets.



Residents were promised a tangible legacy

Cllr Zara Davis

Charity wins accolade for mentoring programmes

PEOPLE

Beth.Allcock
@wharf.co.uk

A CHARITY whose enthusiastic approach to inspiring youngsters has seeped into some of the Wharf's biggest companies has secured a top European award.

Thomson Reuters employee Leila Thomas set up Urban Synergy in 2007 and during her six years at its helm, she said its work had taken on the form of an "extended family".

The organisation offers an insight into life in a corporate environment for youngsters in Lewisham.

Mentors, internships and role models at firms including Leila's employer, Thomson Reuters, Barclays and State Street attempt to break down barriers of social mobility for the teenagers.

The scheme has now been named 2013 European Diversity Community Project of the Year.

Leila said support from Canary Wharf firms had increased.

She said: "They have noticed that this is a great thing and are thinking how can they support it."

"I didn't expect Urban Synergy to grow like it did but everyone said there was a need."



Leila Thomas with her award

"It's professional but we are still like a family and that's what makes it different."

After six years, the scheme has now come full circle.

Leila, 40, said some of the first cohort had earned the status of Young Ambassadors.

"It is a great thing seeing so many Young Ambassadors now who were 15 when they joined and are now 21 and at university," she said.

"They are being role models themselves now. Before, they didn't see positive role models around and they didn't have the connections in their families."

"One guy did an internship at Thomson Reuters in law when he was 15 and he's now 21 and doing law at university."

"I find it nice when a young person gets a mentor and they are inspired by the career the mentors are in."

Go to urbansynergy.com.

To help Urban Synergy secure a Lloyds Community Fund Grant, text VOTE VMND to 61119. Texts will be charged at your mobile network provider's standard rate.

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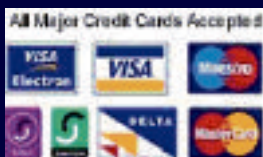
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Ice rink returns

THOSE in denial of winter's impending arrival look away now. The Canary Wharf Ice Rink returns in three weeks' time for a four-month stay at Canada Square Park.

Boisdale will again provide the catering this time with its Juke Box Bar.

On the ice, there will be return of the skate path, as well as the main rink.

It opens on October 26 and runs until February 16. Opening times are 10.30am to 11pm midweek, 10am-11pm on Saturdays and 10am to 10pm on Sundays. Prices vary.

Digest

The Week In Brief

Oct 4-10 • Round-up of other news from the last 7 days



GETTY

Photo story

GREENWICH Barry Gibb performs on stage during his Mythology Tour at The O2 last week.

The tour is a tribute to the deceased brothers, Maurice and Robin, of the Bee Gees legend and the concert was accompanied by footage of the brothers at an early gig. Maurice's daughter Samantha joined him on stage for *How Can You Mend A Broken Heart?* while his own son Stephen played guitar and joined his dad on vocals.

The excitement hit fever pitch when a mirror ball dropped and classics such as *Staying Alive* and *Night Fever* broke the crowd out of any sombre mood and onto their feet.

Pupils tap HR experts' skills at careers event

EDUCATION Teenagers took a trip to Clifford Chance's offices on the Wharf for a workshop striving to help shape their futures.

Educational charity Career Academies UK teamed up with global HR services group Penna and local employers for the event last week aimed at 16-19-year-olds.

Pupils from George Green's School on the Isle of Dogs took part and had the chance to listen to a panel of experts and quiz them about the reality of the world of work to help them better prepare their CVs and job applications.

EDL leader resigns after group's borough ban

POLITICS The man behind a host of EDL marches in east London over recent years has quit his role at the controversial group.

Tommy Robinson announced on Tuesday he was resigning as its leader over concerns of the "dangers of far-right extremism".

The move will be welcomed by many in Tower Hamlets who have campaigned against the EDL's annual attempts to march on east London. The most recent came a month ago and saw 160 people arrested in east London, including Robinson. Earlier the Met had banned the EDL from entering the borough.

Island teacher makes switch to Silvertown

SCHOOLS Current deputy head at George Green's School Charles Claxton, pictured, has been appointed to run Oasis Academy Silvertown – an establishment created by Oasis Community Learning – when it opens its doors next September.

John Murphy, national director of academies at the educational charity, said Mr Claxton had a "passion to create an outstanding community school" and would work in partnership with other Royal Docks educational establishments.



New Jubilee Place Mall stores are announced

SHOPPING Canary Wharf Group has revealed the names of a handful of new stores set to call Jubilee Place Mall home.

Cadenza, Cath Kidston, Pretty Ballerinas, Sweaty Betty and Welford will be part of a group of 25 stores set to open their doors this November, joining brands including Asics, Cos and Banana Republic. The mall has undergone an extension to provide an additional 44,000sq ft of space.

Camille Waxer, chief administrative officer for CWG, said: "Our tenant mix at Canary Wharf is going from strength to strength."

East End teenager in court over baby's death

COURT An 18-year-old from Tower Hamlets has appeared in court accused of causing or allowing the death of a four-month-old baby.

Iman Hamza Dean Wyse of Ackroyd Drive, E3, also faced charges of wilful neglect of two other children at Thames Court Magistrates Court on Monday. She was remanded in custody to appear at Snaresbrook Crown Court on October 17.

The incidents of neglect were said to have taken place between March 13 and October 4. The baby was taken by ambulance to hospital on Friday afternoon but died shortly after.

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An advertisement for The Rejuvenation Clinic & MediSpa. It features a large image of a woman's midsection with the text "40% off Laser hair removal". Below the image, it says "The Rejuvenation Clinic & MediSpa where ageing is optional". At the bottom, it provides the address "CABOT PLACE | CANARY WHARF" and the phone number "T: 020 3229 0257". The website "www.therejuvenationclinic.co.uk" is also listed.

mirror.co.uk

Mirror

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What's On

Why things will be better the second time around

INTERVIEW

As Jessie J prepares for The O2 she tells **Andy Welch** about the lessons of her second album

I know what I'm doing that bit more," says Jessie J, clad in a cream outfit almost the same colour as the shock white crop she's growing out after shaving her head for Comic Relief.

After a whirlwind start to her career in 2010, things are very different this time around as the 25-year-old releases her second album, *Alive*, and prepares for a nationwide tour that brings her to The O2, Greenwich, later this month.

"I feel like I'm in control and prepared, rather than just turning up. I know how I want to represent myself, what to wear and all that."

There's a new-found self-awareness to Jessie. She still says ridiculous things – her analogy that women are like onions "because they have layers, and if you cut us, you'll cry" is maybe

What's your view of the Twitter trolls?

"Considering these people hate me, their whole Twitter feeds are filled up with me. Grow up!"

Jessie J

the most ridiculous thing she comes out with today, but she at least stops halfway through to laugh.

Alive took five weeks to write, spread over a year to accommodate her other commitments – a tough schedule that meant she postponed her original O2 dates in March.

As with her first album *Who You Are* she called up a host of big names to help co-write and produce the songs, none bigger than Rodney Jerkins, who's worked with the likes of Michael Jackson, Whitney Houston, Jennifer Lopez and Britney Spears.

Trust is a big issue for Jessie. All producers and co-writers were people she'd worked with before, or close friends and colleagues of previous collaborators.

"I spoke to my dad about this. He's a social worker and knows a lot about therapy," she says. "He says if you open your heart to people you've never met, you have to make sure to close it



GETTY



back up before you leave... Don't just talk to anyone."

In her view she treads a fine line on *Alive* between being truthful and holding something back for herself.

It's best demonstrated by the new song *I Miss Her*, one of the album's big ballads.

"It's someone in the family, but I don't want to name them because it's a privacy thing," says Jessie. "This someone is very close to me and very ill, and isn't them any more. So she's here, but she isn't her."

She reckons it was the hardest track she's ever written, difficult to record because of the emotional content and difficult to talk about too.

"I didn't really want to record it, because I know that as soon as I record something, people want to know all about it. And I don't want everyone to know about this because when this person does pass away, I don't want loads of strangers asking if I'm OK. I don't want sympathy from people I've never met."

One song she's happy to explain is recent single *It's My Party*, which is directed at her Twitter trolls.

"I wish it was more interesting," says the singer. "I was in the studio one day and looked on Twitter and there were

all these messages coming in, like 'I hate you', 'I want to kill you', or 'You're ugly', and I just thought about how negative people are. Get a hobby, or a job or some friends, or something."

"There are always people telling me stuff like that, or 'Why don't you wear red lipstick any more', or 'Why did you cut your hair?' But I'll do what I want. It's my party."

"Considering these people hate me, their whole Twitter feeds are filled up with me. Grow up!"

And then there's *The Voice*. Jessie, along with The Script's Danny O'Donoghue, announced that she won't be returning for a third series of the BBC singing contest.

"I won't miss it," she says. "Not in a bad way, just that it's time for someone else to have a go. I will still go back and see them, but I can't sit there telling singers that I'm a successful artist if I'm available to film a TV series for half the year."

"It's easily the biggest break I've had, and so many more people who wouldn't know my music now know who I am. It worked perfectly."

Oct 29-30, The O2, from £28.75, theo2.co.uk.

FACTFILE

- Jessie J was born Jessica Ellen Cornish on March 27, 1988, in north London.
- At the age of 11 she was cast in Andrew Lloyd Webber's West End production of *Whistle Down The Wind*.
- She attended London's prestigious Brit school when she was 16, and was also a member of the National Youth Music Theatre.

Jessie J has experience of The O2 appearing at the Stephen Lawrence Unity concert, above and top

- She signed to Gut Records in 2006 but the label went bust before she released anything. She then concentrated on songwriting.
- Jessie's debut album *Who You Are* is the first album by a British female artist to produce six or more Top 10 hits.
- Jessie J's new album *Alive* is out now. She begins a UK tour on Tuesday.

Seven Days

Gig Jay-Z presents chart-topper live



★ After clocking up a gig at Stratford's Olympic Park this summer and juggling his daddy duties, Jay-Z is heading back to the capital for a series of gigs at The O2.

The iconic rapper will be in the spotlight for his *Magna Carter* world tour, which starts this evening until Monday.

Magna Carta Holy Grail was the first offering by the American star to top the charts on these shores.
Oct 10-14, The O2 from £46.75, theo2.co.uk.

Stage Claire pushed to edge of sanity

★ When Claire survives an atrocity she sets out to answer the most difficult question of all – why? It's a journey that takes her to the edge of reason, science, politics and faith in David Greig's daring new play *The Events*.
Until Nov 2, 7.45pm, Young Vic, £19.50, youngvic.org.

Stage Fact, fiction and funny of Henry



★ It's an interpretation of *The Six Wives Of Henry VIII* like none before.

Howard Coggins looks like the monarch. The other half of the act, Stu McLoughlin, doesn't look like any of the king's wives but still gives it a go.

In a scary blurring of fiction and reality, the duo play two down and out actors who hit upon the new show.

Described as "electric and compelling" it has been a hit at the Bristol Old Vic. And it involves a man wearing a dress.
Oct 12, 7.30pm, Canada Water Culture Space, £12 (£10), canadawaterculturespace.org.uk.

What's On

Seven Days

Comedy
Micky brings his tour back home



★ The East End's undisputed king of comedy is heading to The O2 for seven nights this month with his *Back In The Game* tour.

Born in Whitechapel and raised in Bethnal Green, Flanagan went on to work at Billingsgate Fish Market. Now a resident in leafy East Dulwich, the boy done good.

Fans in North Greenwich will be treated to the usual classics which have led the Cockney to become a household name. *Back In The Game* follows the ultra-successful *Out Out* tour, which became the number one selling stand-up DVD last year. Oct 16-19 & 24-26, The O2, £29.25, theo2.co.uk.



Stage
Terrifying peek at Parisian venue

★ Take a trip into the theatrical history books for a Parisian world of taboo and horror played out on an Isle of Dogs stage.

This month, The Space will chronicle the six decade life-span of *The Grand Guignol*, a venue that showcased plays famed for their violence and fear.

Written by Francis Kobayashi and directed by Adam Hemming, the tale will be told through accounts of actors and backstage staff, including prince of Terror Andre de Lorde and Maxa, billed as "the most assassinated woman in the world". Oct 15-Nov 2, The Space, £14/£10, space.org.uk.

Hanks sandwich packed with appetising fillings

FESTIVAL
London Film Festival

Various venues

This year's London Film Festival has acquired some Tom Hanks bookends. The top-of-the-tree A-lister opened the 57th festival yesterday (Wednesday) in Somali pirate thriller *Captain Phillips*.

And he closes the film feast on October 20 in *Saving Mr Banks*, the story of Walt Disney's struggle with author PL Travers (Emma Thompson) to put *Mary Poppins* on screen.

In between come 235 main features at venues dotted across the capital with the BFI South Bank as the mainstay and the east represented by Bethnal Green's Rich Mix and Hackney Picturehouse.

The spread across the capital is part of the mission of Clare Stewart, in her second year as LFF director.

She told the *Evening Standard* recently: "There was great anecdotal feedback in some of the vox-pops we did after last year's festival about people coming for the first time because there was something on at their local venue."

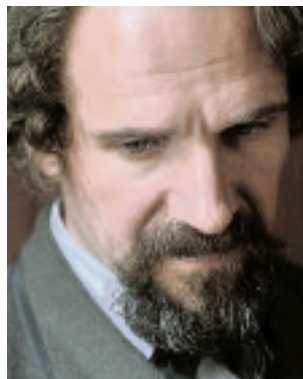
"But there were also punters who said: 'You had a film playing at a cinema I've never been to before so I discovered a venue because I really wanted to see that film'."

"I really liked that idea — that the festival was unfolding the cinemas of London for regular audiences as well."

Highlights of the festival include Ralph Fiennes' second directorial offering *The Invisible Woman* which sees Fiennes behind and in front of the camera for an examination of Charles



Tom Hanks stars as *Captain Phillips*, directed by Paul Greengrass



Ralph Fiennes directs and stars in *The Invisible Woman* about Charles Dickens' illicit affair

Dickens' illicit, long term affair with young actress Nelly Ternan (Felicity Jones). The director will talk about the film on October 18.

Director Alfonso Cuarón presents his 3D sci-fi thriller *Gravity*, which has received strong reviews, singling out the extraordinary technical and creative achievement of a film almost entirely created with digital effects. Cuarón will be giving a masterclass tomorrow (October 11).

Also look out for the Coens' *Inside Llewyn Davis*, starring Justin Timberlake and Carey Mulligan; Steve McQueen's brutal *12 Years A Slave*; and Clio Barnard's adaptation of Oscar Wilde's *The Selfish Giant*.

Giles Broadbent

For full listings and details go to bfi.org.uk/lff.

SCREEN
Le Week-End

(15) 93mins



Jim Broadbent and Lindsay Duncan are Nick and Meg, a couple celebrating their 30th wedding anniversary with a weekend getaway in Paris.

As they travel around the city, they revisit the highs and lows of their relationship, fight about their faults, and continue to run out of restaurants without paying the bill. They meet up with an old colleague of Nick's (Jeff Goldblum) and attend a dinner party at his house, leading to some painful truths being exposed.

★★★★☆

SCREEN
The Fifth Estate

(PG) 128mins



Triggering our age of high-stakes secrecy, WikiLeaks changed the game.

Founder Julian Assange (Benedict Cumberbatch) and his colleague Daniel Domscheit-Berg (Daniel Brühl) team up to create a platform that allows whistleblowers to anonymously leak covert data.

When they gain access to the biggest trove of confidential intelligence documents in US history, they battle each other and wrestle with the questions of freedom of speech and the price of security.

★★★★☆

SCREEN
Not Another Happy Ending

(12A) 102mins



Dr Who's Karen Gillan stars as Jane, a young Glasgow writer whose first novel is a success, thanks in part to the editing of her sympathetic but business-minded publisher, Tom (Stanley Weber).

Embarking on a new relationship with a self-absorbed writer (Henry Ian Cusick), Jane comes down with a severe case of writer's block while struggling with her second novel. Tom believes that this is because she is too happy, so he resorts to drastic measures to get her unblocked.

★★★☆☆

MUSIC



One Breath

Anna Calvi
★★★★☆

Londoner Anna Calvi first sprung to prominence with her eponymous debut album in 2011, which won a Brit award nomination.

Now 33, Calvi may have taken nearly two years to deliver the follow-up, but it was well worth the wait. This is another dark, brooding, yet mesmerising set of songs, made all the more haunting by her vocals.

The quality never wavers throughout the 11 tracks, with *Sing To Me* simply magical. **KM**

DVD



Deadfall

(15) 95mins
★★★☆☆

Addison (Eric Bana) and his sister Liza (Olivia Wilde) pull off a casino heist but their getaway car crashes on treacherous roads. The siblings stumble out of the wreckage and hitchhike separately to the Canadian border.

Deadfall is a disjointed crime thriller that sends a chill of disappointment down the spine. Stefan Ruzowitzky's film is a peculiar mish-mash of genres, spiked with graphic violence and ricocheting between four narrative threads. **DS**

BOOK



Solo: A James Bond Novel

William Boyd (Jonathan Cape)
★★★★☆

Boyd is the fourth to take over the famous spy and he has opted to stick to Ian Fleming's blueprints with M, Q, Money Penny and a disfigured villain.

Posing as a journalist, Bond joins other foreign press behind enemy lines to try and bring an end to a bitter civil war.

Events escalate, leaving Bond with a score to settle that will take him around the world and on his first rogue mission – going "solo". **SW**

What's On

Sisters head east



Haim – rhymes with time – took to the stage of Rough Trade East in Shoreditch last week to showcase songs from their latest album, *Days Are Gone*.

LA sisters Alana, Este and Danielle Haim (together with drummer Dash Hutton from Wires On Fire) have landed some Next Big Thing tips and, after a triumphant Glastonbury performance, excitement for their debut.

It does not disappoint.

The sisters' '70s soft rock meets '90s R&B mash-up is propelled by precision bass rhythms, smooth guitar licks, incredibly catchy vocals and sun-drenched harmonies.

All the hits are present and correct, which may disappoint those who have lapped up every release since their EP *Forever*, but with tunes that stay in your head and more than admirable craft and musicianship, *Days Are Gone* is a pretty irresistible album.

Arj Singh



Days Are Gone
Haim

★★★★☆

Shakespeare and the NF

STAGE
Titus Andronicus

Arcola Theatre

This is *England* meets William Shakespeare in a gritty take on one of his more visceral plays, *Titus Andronicus*.

Shakespeare's tale of war, revenge, honour and rivalry is transported to '80s London.

Set deep inside English extremist skinhead culture, Roman Warriors are replaced with National Front foot soldiers, armour exchanged for shaved heads, combat boots, drugs and knives.



As the aggression escalates, Titus is pushed to the brink of insanity, culminating in a ferocious and unforgiving climax.

In a society where survival balances on a knife edge, just how strong are the restraints holding us back from committing the most heinous of monstrosities in the name of self preservation?

This production from Hiraeth Artistic Productions comes direct from Edinburgh where it won five-star reviews and enjoyed a string of sell-out dates.

Until Oct 26, Arcola Theatre, 730pm, £18, arcolatheatre.com.

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SLIMMING

BY CAROLINE WATERSTON



WEIGHT LOSS DIARY

I can't believe it is 11 weeks till Christmas. Sorry to be counting down so early but, in terms of reaching my goal weight, I'm running out of time. This year I want to dress up and have fun without worrying about excess weight. But I've fallen off the wagon. I have just had a fantastic holiday where I ate and drank copiously. I've definitely piled on the pounds but (thankfully) was unable to weigh in with Weight Watchers leader Laura this week. She sent me a text the other day. It read: "Winners are not people who never fail but people who never quit." I'll take note.

■ Start: 14st 4½lbs
■ Now: 12st 4lbs
■ Goal: 10st 7lbs (or as near as)

SNACK TIME

★ Walkers Mighty Light crisps, pictured, are my new favourite. Ridged, they have 30 per cent less fat than standard potato crisps.

They come in three flavours – cheese and onion, lightly salted and delicious roast chicken – and are only three ProPoints.



BOX FRESH

★ I've decided I'm going to start bringing my own lunch to work. It makes perfect sense as taking your own lunch is cheaper, lets you make healthier choices and is a great way to keep a lid on exactly how much you're eating. Last week I picked up this funky new lunchbox. It's £5.99 from Cards Galore.



DETAILS

■ Caroline attends Weight Watchers at Reebok Sports Club, Canary Wharf. Classes run on Weds and Thurs from 7.30am-1pm. For information about meetings and ProPoints go to weightwatchers.co.uk.

AYURVEDA PURE HEALTH SPA

Enjoy 15 per cent off at health giving massages

★ Take time out at a venue that specialises in traditional Ayurvedic treatments.

The Ayurveda Pure Health Spa and Beauty Centre in Greenwich Millennium Village is offering 15 per cent off its combination package of an Ayurvedic face-lift massage and hand massage.

Special offer price is £54.40, compared to a usual price of £64. Call 020 8312 8383 for details.

BIKRAM YOGA

Introducing hot sessions

★ If you're a newbie to the Bikram Yoga buzz, an October class in South Quay should help you get to grips with your posture.

Bikram Yoga London will showcase the fitness form in a special beginners' event with studio director Conny Chitnis at noon on October 26.

The ordinary 90-minute sessions will be extended by an hour to allow for a slower-paced class, with postures demonstrated and explained in greater depth. Class costs £20. Go to bikramyogalondon.com to book.

Work the bag to battle stress and get in shape



London 2012 boxing gold medallist Nicola Adams, right, now a Virgin Active ambassador, believes boxing workouts deliver excellent all-round fitness

INTERVIEW



Our fitness guru
Laura Williams
talks punching
with a gold medallist

Looking to put a spring in your exercise step this Autumn? You could do a whole lot worse than boxing. I caught up with Olympic boxing gold medallist and Virgin Active ambassador Nicola Adams to talk about a new class coming to the Canary Riverside Club:

■ What's the Punch class like?

It begins with a 10-minute body conditioning warm up and then the class moves onto three-minute intervals, alternating between boxing rounds and body conditioning exercise.

■ Were you heavily involved in designing the content of the sessions?

I wasn't involved with designing the content, but the class is very similar to the workouts I undertake.

Participants will be getting a really intense and effective workout and will experience what I do.

■ Is it a good high intensity workout – a replacement for interval training perhaps?

It's really easy to follow. You don't need that much equipment, plus it works out your whole body. You can get results in a short amount of time.

■ Does it make a suitable lunchtime workout?

Punch classes are 50 minutes long and work your entire body, so they are perfect if you're short on time and only have the chance to go to the gym once a day.

■ Do you think London 2012 has made boxing more accessible as an everyday workout?

Yes, definitely. We've had a 50 per cent increase

in women's participation in boxing already since the Games, so it just shows that by having more women's sport on TV and boosting sports-women's profiles, more people get involved.

■ How does it compare to, say, CrossFit or circuits as a stress-reliever?

Boxing is a really good stress reliever – you can get on the heavy bags and punch your way through anything. You could even imagine your boss' face on the bag?

■ Boxing provides a fabulous upper body workout, but do you think it challenges the lower body sufficiently?

It's an all over body workout. Boxing works your arms, your legs – especially your calves. I can't think of another sport that works all these areas with such little equipment.

■ If a Wharf worker asked you whether they should spin or punch for their lunchtime workout, what would you say?

Punch, obviously. Just get out there and try swinging away.

BOXING BENEFITS

■ Increased enhanced muscle tone and a boost in fitness is a huge perk to be had from boxing.

■ It's not just about the arms. Many people think that boxing is all about the guns but it's actually a total body workout, working the lower body too.

■ You can tackle that seething rage. Boxing's a cardio workout like no other if you're looking to

let off a bit of steam. Not only do you get a superior endorphin boost, you get to manage and channel aggression in a safe, effective environment.

■ You can burn off that brunch. Expect to incinerate anything between 400-600 calories an hour during a boxing class.

■ It's easy to pick up. Boxing is all about technique so you'll slowly increase fitness as you get



a grip on the moves. Exercise-wise, it's often much easier for many people than running as it's so easy to modify.

■ It's for guys and gals. Some believe women actually pick up combinations faster than men and find they have more flexibility in the torso too – a fabulous addition for a good punch.

■ Your coordination will improve. Agility, hand-eye coordination and reflexes will all improve from a series of boxing classes.

Food

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REVIEWS
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wharf.co.uk

Sweet and sublime are almost a slick match

REVIEW

Gaucho's chocolate menu

London-wide

With news breaking this week that chocolate prices are due to soar by a third in the run up to Christmas, there's no better time to indulge in a fix of the brown stuff.

Conveniently, it's National Chocolate week from Monday, a marketing gimmick I'd normally ignore.

But if you're going to be sucked into something, it may as well be the pitch black, 99 per cent cocoa, Gaucho that does the sucking.

Available across the chain from October 14-21, its chocolate and Malbec menu has been created in celebration of these two South American titans.

For £65 you get three courses backed with the brown stuff. Braised beef cheeks with lamb sweetbread popcorn on a bed of corn and covered in chocolate jus are followed by slow cooked



Braised beef cheeks

pork belly, white chocolate and vanilla mashed potato and a chocolate and chilli matambe before white chocolate mousse with milk chocolate crumble.

The first course is the winner in the savoury stakes, overshadowing the sickly white mash of the main, but neither sit very comfortably with their Malbec.

Fortunately the dessert is an able partner for a sweet, port-like Zuccardi Malbec and the quality of the cooking, as ever at Gaucho, make this worth a look.

If you don't fancy a whole meal (although the chocolate is mostly light-touch) Malbec and chocolate tastings are also available in Piccadilly for £30.

Jon Massey

Gaucho, 29 Westferry Circus, Canary Riverside, London, E14 8RR, 020 7987 9494, gauchorestaurants.co.uk.

Our verdict

Not the happiest of matches

★★★★☆

Delve beneath the menu and save cash on the bill

Event focusing on Iberico ham proves the ideal starter and there's more to come

REVIEW

Iberica's ham masterclass

Canary Wharf

We're packed round the mezzanine's extremity, some squeezed into leather armchairs; others standing.

Worshippers circling an idol clamped by stainless steel thorns; it awaits slicing.

We haven't climbed a Mayan pyramid to watch the destruction of a virgin to honour the Sun God via the medium of obsidian blades.

Instead the adulation is focused on a single ingredient. It's a ham and we're upstairs at Iberica.

This experience is £20 a head (knocked off your bill if dining afterwards and consequently wins my endorsement as the best deal on the Wharf; soon to be repeated in variation).

Sherry-fuelled (Tio Pepe, for those counting), the main man, in a natty shirt and latex gloves, deftly slices information and the cured meat it concerns.

It's invigorating, peppery when laid on the tongue for a minute and unashamedly decadent.

The PR will want me to mention Domecq's product is £75 per kg and made from pigs that are 100 per cent Iberico (mum and dad) even though this isn't required by its foodie designation. It's also the perfect, informative starter, so we stay for dinner.

And group head chef Cesar Garcia's



Above, ham is sliced at the £20pp pre-dinner event. Below, a starter of three different hams and toasted bread

So what's coming up at Iberica on the Wharf?

"Wharfers can learn to make pinchos (tapas on bread) with Garcia on October 15 from 6pm or taste Castillo de Canena extra virgin olive oil on November 4 at 6pm."



selection (we place ourselves in his hands) is stupendous.

Bold, assured and beautifully crafted (one chap in Garcia's kitchen just spends his days whipping filling for the cloud-light croquettes), there

are few places to match Iberica for comfort eating on the Wharf

Delicious plate after delicious plate assaults our senses. Honourable mentions go to a squid ink risotto (pure darkness) and the gossamer croquettes.

Whoever's doing that soul-destroying job backstage is enriching Wharfers' lives.

Throw in a rosemary and thyme Gin Mare and tonic (currently Spain's hottest drink) and you've got an alchemy that succeeds.

With an educative and functional foodie entree, perfectly tapping into diners' increasing appetite for provenance and explanation, it's a combination that converts the acorns munched by the pigs to pure gold for the participants.

Although we ate all the ham, there are a number of similar events coming up on the estate.

Wharfers can learn to make pinchos (tapas on bread) with Garcia on October 15 from 6pm or taste Castillo de Canena extra virgin olive oil on November 4 at the same time.

Reserve your spot by emailing elisa@ibericalondon.co.uk.

Jon Massey

Iberica, 12 Cabot Square, London, E14 4QQ, 020 7636 8650, ibericalondon.co.uk.

Our verdict

With the option to stay and dine for less after, this is excellent value

★★★★★

Getting into this party spirit

THE world's largest festival of rum and Caribbean culture will arrive in east London this weekend.

Excel is set to host Rumfest on Saturday and Sunday, when 400 varieties of the spirit will be available to try.

In its second year at the exhibition centre in the Royal Docks, there will be 20 different seminars, including a Caymanas rum cake-making lesson with Jonathan McCulloch, letting guests in on the secret behind his delicious dessert.

Meanwhile, brand Havana Club will be teaching how to make an authentic Cuban Mojito.



Standard tickets cost £25 and include access to the main areas, while £40 tickets get you into the Connoisseur's Cove. Seminars are

accessible to all. Weekend tickets cost £80. Go to rumfest.co.uk for more information.

Revellers enjoy last year's Rumfest at Excel

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
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
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FEMALE seeking attractive, educated, handsome male for nights out, theatre, country drives etc. Tel No: 0906 500 3729 Box No: 408213

LIZ 24 attractive blonde, green eyes, size 14, likes golf, pubs, comedy, holidays, WLT™ professional well built male for romance, etc and more. Tel No: 0906 500 3729 Box No: 408303

CARLY, 25yrs, and v naughty seeks man for discreet fun. My job includes travel so anywhere is fine for me. Tel No: 0905 002 1959 Box 350727

HI I am Sally a single 28yr old female, pretty, size 8-10 with a GSOH and fun to be with looking for similar lonely male for mutual companionship, dates and more. Tel No: 0906 500 3729 Box No: 407951

SANDRA 60's, widow, nice personality, GSOH, likes most things, seeks male, 60-70 for friendship and more. Tel No: 0906 500 3729 Box No: 407841

ANNA, busty mature lady seeks no strings discreet meetings with male any age or location. Tel No: 0905 002 1952 Box No: 366019

PAT widow, seeking male for friendship, likes cinema, theatre, socialising with a GSOH. Tel No: 0906 500 3729 Box No: 406565

PRETTY kind, caring lady, Barnet, 45, 5ft 3ins, seeks educated, sincere, kind hearted white guy 43-52 for friendship and more. Tel No: 0906 500 3729 Box No: 407517

SUSIE, seeks fifty shades of grey with guy any age but must be discreet, call and I will explain why. Tel No: 0905 002 1953 Box No: 407321

WHITE female, 55, brown hair/eyes, N/S, likes meals out, nights in, walks, travel, pubs, cinema, music, seeks white male, 50-58 for friendship/relationship. Tel No: 0906 500 3729 Box No: 406753

HONEST sincere caring lady, 40's, looking for over 40yrs N/S romantic honest sincere gentleman with GOSH for friendship, possible LTR. Tel No: 0906 500 3729 Box No: 371809

KATIE slim racy female, likes cars, horses, dogs looking for tall experienced male who knows how to make me happy and please me. Daytime meets preferable. Tel No: 0906 500 3729 Box No: 407405

YOUNG looking blonde, 53, likes football, music, holidays, seeks caring male, 50-55 for LTR. Tel No: 0906 500 3729 Box No: 392796

DIVORCED female, 66, blue eyes, 5ft 4ins, medium build, blonde hair, seeks male, 66-75 for friendship/companionship, maybe more. Tel No: 0906 500 3729 Box No: 406059

GINA attractive, slim, likes music, GSOH, seeks nice gent, under 60 for LTR. Tel No: 0906 500 3729 Box No: 233636

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PROFESSIONAL black woman, seeks educated, professional, white male, 45-60, 6ft plus for LTR. Tel No: 0906 500 3729 Box No: 406069

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STELLA strict, mature lady, seeks gent for mutually rewarding times. Tel No: 0906 500 3729 Box No: 405571

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CARING lady, likes music, cinema, walks, seeks caring black male for friendship/relationship. Tel No: 0906 500 3729 Box No: 405389

FEMALE likes cinema, meals out, walks, seeking black male for friendship, relationship. Tel No: 0906 500 3729 Box No: 404473



18YR old female looking for fun times only. Any age. Tel No: 0906 500 3729 Box No: 403993

JEWISH widow, N/S, non drinker, likes animals, seeking genuine Jewish gent, 66-70. Tel No: 0906 500 3729 Box No: 403503

NEW friend wanted for single, decent, straight lady, 48 with good morals, N/S, GSOH, likes home life, cooking, nights out and fun. Tel No: 0906 500 3729 Box No: 402731

BLONDE tanned female, trendy, 46, GSOH, likes walks, pubs, nights in, seeks male. Tel No: 0906 500 3729 Box No: 384852

SANDY 64, young looking, nice personality, GSOH, seeking nice gent, 64-70 for friendship and more. Tel No: 0906 500 3729 Box No: 402261

BUSINESS lady, smart, early 60's, seeks male, 65 plus. Tel No: 0906 500 3729 Box No: 401403

CAROLE 53, seeking white male in London/SE, 45-55. Tel No: 0906 500 3729 Box No: 407797

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FEMININE friendly, attractive female, 5ft 6ins, curvy, dark hair, green eyes, likes outings, travel, home life, walks, sports, seeks smart, down to earth male, 55-65 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 400431

JO 38, 5ft 2ins, brown hair/eyes, likes cinema, bowling, meals out, nights in, seeking older male to settle down with. Tel No: 0906 500 3729 Box No: 393834

SUZANNE 35, beautiful blonde, seeks discreet male for chats and a relaxing glass of wine anytime. ACA, status unimportant. Tel No: 0906 500 3729 Box No: 342527

DONNA 24yr old single nurse, curvy, pretty, brown hair, big eyes, single and fun to be with, WLT™ mature male for romance 25-45yrs. Tel No: 0906 500 3729 Box No: 391117

CAROL attractive blue eyed blonde, slim, size 10ins, GSOH, great entertainer, good cook, well mannered, cheeky, sensual, romantic. So why am I single? Call me. Tel No: 0906 500 3729 Box No: 388979

YOUNG at heart 60, attractive, curvy, many interests, N/S, GSOH, seeks sincere, genuine, affectionate male, 56-63, active, young at heart, N/S with GSOH for friendship, maybe more. Teddington. Tel No: 0906 500 3729 Box No: 352483

28YR old brunette, seeks fun loving, adventurous male for relationship. Tel No: 0906 500 3729 Box No: 380918

MIXED race female, 44, caring, honest, down to earth, seeks black male, 40-50's for serious relationship. Tel No: 0906 500 3729 Box No: 391978

VOLUPTUOUS young at heart 60, 5ft 6ins, dark auburn hair, hazel eyes, N/S, likes music, travel, meals out, GSOH, seeks tall, genuine, caring, young at heart male, 58-64 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 407845

SHERRY 56, slimmish, attractive, looking for kind, caring gent who likes karaoke, meals out, nights in, cinema, seeks tall, slim male, 50-59 with similar interests. Tel No: 0906 500 3729 Box No: 407647

63YR old lady, seeks similar gent, 65-70 who is honest, reliable and loves holidays. Tel No: 0906 500 3729 Box No: 386319

WIDOW 70, honest, sincere, caring, likes music, caravans, gardening, walks, days out, seeks male. Southend. Tel No: 0906 500 3729 Box No: 405999

JANE 52, N/S, WLT™ nice male to share and enjoy life with. Tel No: 0906 500 3729 Box No: 407059

YOUNG looking blonde, 55, likes football, music, pubs, shopping, holidays, nights in/out, seeks male, 50-55 to make me happy again. Tel No: 0906 500 3729 Box No: 402131

QUIET honest, loving 51yr old female, medium build black Caribbean, seeks male, 49-60, honest, loving for companionship, maybe LTR. Tel No: 0906 500 3729 Box No: 404931

ROSHAN 56yrs female seeking someone similar, sincere, honest, 56-60 for Ltr. No married men or timewasters. Tel No: 0906 500 3729 Box No: 404391

Men seeking women

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SAMMY passionate, smart, intelligent, discreet man, seeks lovely lady for fun and friendship. Tel No: 0906 500 3729 Box No: 406865

JOEY 48, black, seeking full figured female, honest, fun loving, supportive, likes travel, meals out. Tel No: 0906 500 3729 Box No: 407083

GOOD looking, fit, happy male, seeks genuine romantic female for LTR. Tel No: 0906 500 3729 Box No: 388238

TALL handsome, professional male, seeks down to earth, attractive lady for tender, loving, caring, discreet relationship. Tel No: 0906 500 3729 Box No: 393441

MALE seeking female for adult fun times. Tel No: 0906 500 3729 Box No: 407691

DAVID 46, Jamaican heritage, likes keep fit, pubs, cinema, seeks female. Tel No: 0906 500 3729 Box No: 408331

PAUL 6ft 2ins, N/S, likes nights in/out, socialising, seeks female. Tel No: 0906 500 3729 Box No: 407675

KIND trustworthy black male, 50, 5ft 10ins, outgoing, healthy, funny, seeks happy lady, wanting true love and more. Tel No: 0906 500 3729 Box No: 408037

JOHN fit, loving 51, loves life, honest, sincere, seeks slim-medium build lady for loving times. Tel No: 0906 500 3729 Box No: 405969

MARK 40, 5ft 8ins, brown hair, blue eyes, GSOH, seeks female, 30-45 for LTR. Tel No: 0906 500 3729 Box No: 394670

MALE 60 looking for mature fun bubbly female 70yrs plus for fun adult relationship. Tel No: 0906 500 3729 Box No: 404039

FRIENDLY travel buddy/soul mate wanted by tall, handsome professional male with easygoing, down to earth and caring personality. Tel No: 0906 500 3729 Box No: 389681

DAVID tall, slim, 49, kind, sensitive, passionate, seeks female friend for nice times. Tel No: 0906 500 3729 Box No: 408077

JONNY fit 49yr old, loves life, 5ft 9ins, honest, seeks slim soul mate for loving relationship. Tel No: 0906 500 3729 Box No: 391126

MICHAEL 64, not tall, slightly overweight, likes drawing/painting, quiet life, seeking older female. Tel No: 0906 500 3729 Box No: 407895

GENT 60's, white, smart, GSOH, own flat, WLT™ female, any age/nationality for adult fun and friendship. Tel No: 0906 500 3729 Box No: 407643

GEORGE 6ft, genuine, honest, N/S, looking for sincere female. Tel No: 0906 500 3729 Box No: 406991

JOHN seeking female for fun and friendship. Tel No: 0906 500 3729 Box No: 391208

FRIENDLY travel buddy/soul mate wanted by tall, handsome professional male with easygoing, down to earth and caring personality. Tel No: 0906 500 3729 Box No: 389681

SLIM male, 5ft 9ins, 60, bald, attractive, down to earth, seeks female. Tel No: 0906 500 3729 Box No: 407137

EASYGOING active, genuine, trustworthy, N/S late 60's male, varied interests, seeks warm, positive, slender, Essex lady for companionship plus. Tel No: 0906 500 3729 Box No: 407097

SINGLE white guy 50, 6ft 4ins, seeks female. Personality more important than looks, single mum welcome also. Tel No: 0906 500 3729 Box No: 405301

DEREK black male, seeking female for 1-2-1 relationship, likes travel, meals out, family life. Tel No: 0906 500 3729 Box No: 406555

YOUNG 70's East London gent, seeks lady up to 75, any nationality up to 75 for meals out, quiet drinks, close friendship, maybe more. Tel No: 0906 500 3729 Box No: 406443

PETER N/S fit male seeks lady 55-65 for LTR. likes Countryside, walks, animals, bowling, cinema, meals out and nights in. Tel No: 0906 500 3729 Box No: 404427

DAVE genuine guy, 6ft, black hair, blue eyes, medium build, likes sports, gardening, music, seeks female with GSOH and genuine. Tel No: 0906 500 3729 Box No: 388372



CHRIS 50, medium build, brown hair/eyes, glasses, many interests, seeks petite-medium build, N/S lady, 50 plus. Tel No: 0906 500 3729 Box No: 390718

WARM hearted, honest, kind, caring gent, 60's, 5ft 6ins, N/S, medium build, clean, well dressed, seeks slim female, any age for friendship and good times. Middlesex. Tel No: 0906 500 3729 Box No: 401513

WIDOWER mid 60's, seeks caring female to share holidays, weekends and maybe more. Must like dogs, pubs and countryside. Tel No: 0906 500 3729 Box No: 395421

SINGLE male, 50 plus, seeks buxom, busty female, 35-55. Tel No: 0906 500 3729 Box No: 383773

BILL 5ft 8ins, medium build, Aquarius, likes reading, TV, nights out, seeks buxom female for fun, friendship and relationship, 35-55. Tel No: 0906 500 3729 Box No: 407061

Men seeking men

JEFF 60, slim, seeking discreet fun with gay/bi male. Can accom. Tel No: 0906 500 3729 Box No: 408323

KEVIN 34, 6ft 2ins, blond hair, medium build, toned, young boyish good looks likes nights out, sports, holidays, seeks similar male, any age for adventurous fun times. Tel No: 0906 500 3729 Box No: 355984

PAUL 6ft 2ins, likes most things, seeks female for fun times. Tel No: 0906 500 3729 Box No: 407959

MALE 51, looking for male, 60 plus for fun and friendship. Tel No: 0906 500 3729 Box No: 408259

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Fashion



JEWELLERY

Designer expands her operation as the industry begins to notice her talents

Beth Allcock
@wharf.co.uk

Maria Thompson's jewellery business is in full bloom – and she's got the flower on her finger to prove it.

It was this sparkling nine-carat gold design studded with a white diamond, which brought her trade recognition at the first Spot The Winner competition, at the International Jewellery London showcase.

Now she's been spurred on to set up a studio at the heart of Greenwich Market with the aim of capitalising on her loyal following in her home town.

With a degree in 3D design for jewellery and metal-making, she said creating eye-catching statement jewellery with all-round impact was a natural path for her to take.

It was only two years ago she decided to work full time on her brand, Maree London, and its current ranges – The Flower Collection and The Stunning Stone Collection.

She said her creative background was key.

"It is nice to have something that is like a piece of art you can wear," said Maria.

"There's no front, side and back so they're what the wearer wants them to be.

"I have been developing the flowers for a while and they have stood the test of time.

"Every age range loves them and a lot of men buy them as presents because they are beautiful without being fussy."

The flower designs are available as pendants, earrings, necklaces and bracelets.

They can also be adapted with stones and diamonds to add some extra sparkle.

And there's also room for customised pieces, including wedding packages for the bride, groom, mother of the bride and bridesmaids, featuring the same themes.

Securing a studio space was, in part,



Maria Thompson in her studio where she comes up with her designs. Items from the Flower Collection, pictured

Maria brings her designs to bloom

What's your view of the pieces that you make?

"There's no front, side and back so they're what the wearer wants them to be."

Maria Thompson

prompted by an increase in focus on bespoke designs.

Maria said she was excited about welcoming people in and chatting through ideas as well as creating pieces before their eyes.

"I encourage people to adapt designs within the collection," she said.

"It gives me an excuse to work with stones I haven't worked with.

"There's nothing nicer than doing a bespoke job for someone. You meet them and they sit there with a big smile saying 'can I have the bag please?'. Then they open it and love it.

"Making people happy can be such a fulfilling job."

Between appointments, Maria is compiling ideas for her next two collections, due to be released over the next 12 months.

Prices for Maree London pieces start at £53, for a silver flower pendant.

Visit the studio, at 32 The Market, Greenwich, by appointment only.

Go to mareelondon.co.uk.



MALL TRAWL

Deals, offers, bargains

EVENT

Learn tips from fashion experts

★ Whether you fancy picking up tips from the catwalk or proving your own design talents, at Fashion Meets Music it's all possible.

The organisation showcasing emerging fashion designers, performers, models and artists has pitched up in a pop-up store at Westfield Stratford City.

Until October 19, guests can enjoy a fashion show, talent showcase and a fashion design and garment manufacture induction course.

An in-house tailor will also be on hand on Tuesday, Wednesday and Saturday to add a splash of originality to your garments.

M&S

Calling on UK's classy heritage

★ Marks and Spencer is embracing patriotism with its latest offering at Westfield Stratford City.

The brand will present the Best of British Collection this month, offering a combination of rich heritage, modern styling and timeless pieces celebrating the best in the country's manufacturing, design and craftsmanship talents.

It offers tailored trousers, brogues, shirts and jackets in premium fabrics finished to the highest level of detail.

Go to marksandspencer.com.



Pink dogtooth skirt, £119

EVENT

Boot sale with a pedigree vintage

★ Unearth some vintage gems for your autumn wardrobe as the Classic Car Boot Sale rolls up to the Southbank Centre this weekend.

Traders will park up along the banks of the Thames and operate from the boot of their classic vehicles – as well as joining in with displays of cars from a bygone era.

Shoppers will be able to snap up clothing, accessories, pop culture memorabilia and vinyl records followed up by a tasty post-sneeze fix from street food wagons.

Entrance to the sale costs £3 while car pitch prices start at £35.

LondonEYE



SHADI BUSHRA

LUKE MACGREGOR



PALATIAL SETTING Mayor of London Boris Johnson is flanked by chairman of ZhongRong Group Ni Zhaixing, left, and the leader of Bromley Council Stephen Carr as they walk through Crystal Palace Park. Ni Zhaoxing said he plans to spend £500million rebuilding Crystal Palace, a huge glass and steel building that captivated the world before it burned down 80 years ago.

SUZANNE PLUNKETT



NEW CHARGES

Former Radio 1 DJ, Dave Lee Travis, left, real name David Patrick Griffin, leaves Westminster Magistrates Court on Thursday. Travis, who was one of Britain's best-known radio presenters from the '70s and '80s, and who counted Myanmar's Aung San Suu Kyi among his fans, was charged with two further sex offences last week on top of 12 other sex charges.

SUZANNE PLUNKETT



IN THE FRAME An employee poses with A Portrait Of Rustam Khan Zand by Muhammad Sadiq from early 1779 at Sotheby's Auction House in London. The painting is expected to fetch up to £500,000 in a sale of Islamic art.



PENELOPE'S LAW Cast member Penelope Cruz arrives for a special screening of *The Counselor* in Leicester Square on Thursday. The film, released in November, is directed by Ridley Scott and also stars Brad Pitt and Cameron Diaz in a story about a lawyer who gets involved in drug trafficking.

OLIVIA HARRIS



SPARKLING FAREWELL Diamond buyer Elliot Tannenbaum, from the Leo Schachter Diamond Group, holds uncut diamonds from his company's allocation at a sightholders week at De Beers offices in London. From November, the whole of the De Beers sales operation will move from the heart of London thousands of miles south to Gaborone, the capital of Botswana.

the Road

New Audis pack a serious punch

FIRST DRIVE

Chris Russon
The Wharf

A not-so-small saloon and a very hot hatch are the latest additions to the Audi line-up. Both the new A3 saloon and the S3 hatchback sit on the acclaimed MQB modular platform and in the case of the saloon it has produced remarkable results.

It is the 30th completely new model Audi has launched in the past 12 years and it finds itself in a niche of its own. Priced from £24,275, the A3 saloon is alone in the compact premium sector as a car with a boot.

The market is dominated by hatchbacks and all that comes close to the new Audi are coupes from Mercedes and BMW and the slightly larger Volvo S60. But 40 years ago saloons were the in thing and in a good old fashioned way the new A3 is a breath of fresh air.

In terms of price it sits below the A4 saloon and when it comes to general handling it's a step ahead.

It looks smart and sleek, well proportioned and inside – as with all versions of the A3 – it's nicely decked out. The saloon is some six inches longer than the A3 hatchback but lower and the boot, at 425 litres, can carry almost 10% more. Like for like the saloon costs £550 more than the hatchback A3 – a bargain.

For convenience the boot lid rises automatically as soon as it's unlatched and, with folding rear seats, the cargo space rises to 880 litres.

Leg space in the back is adequate rather than generous but headroom throughout is satisfactory for all but the tallest passenger.

Making the transition from hatch to saloon has not simply been a case of sticking a boot on the back and the underpinnings of the car are entirely individual.

On the road the A3 saloon is not only sure-footed but remarkably supple delivering a smooth but responsive drive.

As for the S3, the driving experience is full on. This car leaves you with no doubt about its lively credentials.



The new Audi A3, above, and S3, below, are remarkable cars for the money – packed with vim and vigour



Compared to the previous generation the engine has 40 horsepower more and it shows.

From £32,120 for the three door it is priced to sell and with a six speed manual gearbox it is good for 0-60 in 5.2 seconds, topping out at a limited 155mph.

Both vehicles deliver that combination of build quality and grunt that has made this marque such a well respected brand.

Whether it's the sportier hatch or the more practical saloon, they're both great value for money.

DEFY CONVENTION



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The official fuel consumption figures in mpg (l/100km) for the Mazda3 range: Urban 28.5 (9.9) - 53.3 (5.3). Extra Urban 47.1 (6.0) - 74.3 (3.8). Combined 38.2 (7.4) - 65.7 (4.3). CO₂ emissions (g/km) 171 - 115.

The mpg figures quoted are from official EU-regulated test results obtained through laboratory testing, are provided for comparability purposes and may not reflect your actual driving experience.

Retail sales only. Subject to availability at participating dealers only on vehicles ordered between 01.10.2013 and 31.12.2013. TSC apply. *0% finance available on all Mazda3 models. Example shown: Mazda3 1.6 5dr. Tanura. £249 per month with an Optional Final Payment of £4,583 is based on 9,000 miles per annum over 42 months on Mazda Personal Contract Purchase and include dealer contribution. At the end of the agreement there are 3 options: (i) Renew: Part exchange the vehicle, where equity is available, (ii) Retain: Pay the Optional Final Payment to own the vehicle or (iii) Return the vehicle. Further charges may be made subject to the condition of the vehicle. Finance subject to status, 18s or over. Guarantee/Indemnity may be required. Mazda Financial Services RMI 1SR. *NIL Advance Payment is available on specific Mazda3 models Advance payments on the Motability Car Scheme for those individuals receiving the higher rate mobility component of the Disability Living Allowance. Subsequent rental payments are made by the diversion of this component of the living allowance. Additional charges may be payable, including excess mileage, damage excess and early termination charge. At Mazda models are available on the Motability scheme, please ask your specialist for details. VAT number plates, delivery, 12 months' road fund licence, first registration fee, 3 year or 60,000 mile warranty and 3 years' European roadside assistance. Details correct at time of going to print. Not available in conjunction with any other offer unless specified. We can introduce you to a limited number of carefully selected finance providers. We may receive a commission from them for the introduction.

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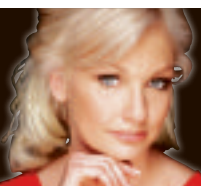
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

You're coming up with so many different ideas for your future, close ones must be feeling dizzy trying to keep up with all you're trying to do now.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

You can't please all of the people all of the time but you can be true to yourself and make sure that you live a life that you and others deem to be respectable.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Someone seems to have said some things which they don't mean and it's left you with a sad mood. Move on Aries. You will see how exciting life can be.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Make sure you are proud of the way you look and the way your home is presented. People will be coming your way. You will care about their opinions.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

A more independent stance in your career is necessary if you are to get to where you need to be this month. Just don't rely on third hand information, Gemini.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Family are not showing you the support you would expect. What I can see is that they've got things of their own going on in their lives, so give them time.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Don't worry about things which haven't even happened yet. Work on where you're at. It's the key to you feeling confident to tackle the unknown, Leo.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Happiness is not easy to find at the moment, but it can be if you look at where your heart is and not where "well-meaning" friends are advising.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

It's not where you start but where you finish that's important. You're doing your best and yet being your own worst critic. Sort out a fairer attitude Libra.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

The home comes under the spotlight and you find yourself asking what it is that you really want as a base. You don't know yet, so give yourself a break.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

You can give people advice but you can't make them take it. It may be worth your while making your own life a priority. It would certainly be the time.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

The Sun helps you to feel in control and on top of the problems in your life. You are a sign who needs friends' support as well as families' so get talking.

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Dinner and a Movie



★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema. To be in with a chance of winning, just tell us the name of

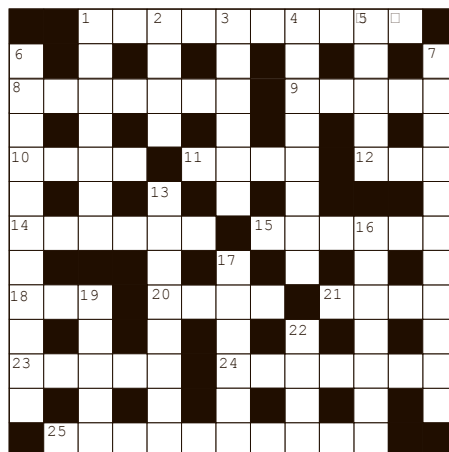
the actor who plays the star of *The Fifth Estate*, pictured here on the left.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is October 18, 2013.

You must include your name and postal address.



Crossword



ACROSS

- Cause to happen (5,5)
- Sets upon (7)
- Wireless (5)
- Domesticate (4)
- Eyrie, say (4)
- Biblical woman (3)
- Relating to the mind (6)
- Grab (6)
- Round or oval object (3)
- Academic test (4)
- Long car (4)
- Wear away (5)
- Room's upper surface (7)
- One-sided (10)

DOWN

- Road-surfacing material (7)
- Unit of length (4)
- Unquestionable truth (6)
- Male voice (8)
- Excessive (5)
- Crabby (3-8)
- Emerge successfully (4,7)
- Goodbye (8)
- Petty (7)
- Surgical knife (6)
- Utter a deep moan (5)
- Fibber (4)

ACROSS: 1. Bring about; 8. Attacks; 9. Radio; 10. Tame; 11. Nest; 12. Eve; 14. Mental; 15. Snatch; 18. Ebb; 20. Exam; 21. Limbo; 23. Erode; 24. Ceiling; 25. Unilateral. DOWN: 1. Blunder; 2. Inch; 3. Gospel; 4. Bartone; 5. Undue; 6. Bad-tempered; 7. Come through; 13. Farewell; 16. Trivial; 17. Lance; 19. Brown; 22. Lie.

Sudoku

EASY

		9	6	2	7	8	4	
6	8		3	4	5	1	9	2
4	5				1			6
	7		2	3	8		1	
2			7	1	9	3	5	8
	3	8	5		4		7	9
5	9		8		6	4		3
			1		3	9	6	
	6		4		2		8	1

HARD

5	6			2				
8		9					7	
	7							
1			3		6			
		4		7				
	9		4					
		3	1					6
		8	3		9	1		
			2	5			4	

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

Sport

THE FANS' ROAR

By Ian Toal



It's back to the drawing board for sorry Millwall

After the amazing capitulation on the south coast on Saturday, Steve Lomas and his team are facing a much different week than they would have had they saw out the 2-0 lead.

Things were looking good when we raced two goals ahead within 10 minutes, thanks to strikes from Martyn Waghorn and Liam Trotter.

That was a great response to the thumping we took at Birmingham last Tuesday.

Unfortunately we didn't see it out until half time and we let them back in the game with a goal on 43 minutes.

We then threw all our hard work away when we let in three more during a mad 15 minutes in the second half in which we lost Alan Dunne to a second booking after



GETTY

Millwall manager Steve Lomas encourages his Lions side

“This is a tough league and we can't keep defending poorly

a handball that subsequently saw Bournemouth score from the spot.

Bournemouth netted another penalty in injury time to complete the scoring giving us a 5-2 defeat and, worryingly, nine goals conceded in our last two matches.

Lomas is going to have to go back to the drawing board, at least in terms of the defence, before our next match after the international break when we entertain top of the table QPR.

Mark Beever's being out injured is a big loss and losing Dunne again to suspension won't help the situation.

But the players need to stand up and be counted. I would even take a nil-nil draw now as a step in the right direction.

WEEKEND FLUTTER

WITH THE

RACING POST

RACING

■ The jumps season is starting to get going, with a cracking looking card at Cheltenham on Saturday. The Alan King trained **Balder Succes** is an exciting recruit to the chasing game.

Rated 145 over hurdles, the gelding had some very smart form to his name over the smaller obstacles and could be capable of going right to the top level over fences.

He looks one to keep a close eye on and maybe splash some cash on too.

Ed Quigley

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

FOOTBALL

■ Italy have already qualified for the World Cup but there is no lack of experience or quality in the squad head coach Cesare Prandelli has selected for the Group B qualifier away to Denmark.

The match is far more important to the Danes but the drift in Italy's price has gone too far and they look a value bet.

It might not be a must-win for them but there's enough spirit among their players to push things over the line.

Dan Childs

Olympian stamps his authority in the first

BOXING

Joshua makes quick impression and gets a win in his first professional bout

Rob.Virtue
@wharf.co.uk

Anthony Joshua made light work of his first professional bout during a great night of boxing at The O2 on Saturday. The 6ft 6ins tall Londoner secured a first round victory after the referee stopped the fight when the previously unbeaten Emanuele Leo was knocked down in the first round.

It was the Italian's first fight outside his homeland and it was plain to see he was in no shape to threaten Olympic gold medal-winner Joshua.

Afterwards Joshua said: "The key for everyone was 'relax and enjoy what you're doing'. I felt comfortable.

"I felt like this is the pros now. I really enjoyed the amateurs but I can't live off what I did in that. I want to prove myself and I want respect."

The 23-year-old is expected to take

on another two fights in the next two months, which looks to be no trouble after the weekend's easy workout, which saw the Italian knocked down twice.

Scott Quigg controversially kept his WBA super-bantamweight title prior to the Joshua bout. He had a majority draw with Cuba's Yoandris Salinas in a dull fight.

Meanwhile, another Olympics 2012 winner, Luke Campbell, won thanks to a first round knockout against Neil Hepper.

It was a second professional fight for the lightweight boxer from Hull, who also won the first in the opening round.

Afterwards he said: "I think I'm in the most exciting weight division there is. There are plenty of good fights out there.

"I'm taking one fight at a time, learning as I go. I just want to excite the fans."

The fight of the night, however, saw Tony Conquest come back to win after being knocked down twice early on by Canning Town's Wadi Camacho.

Conquest deservedly won on points in a bruising encounter, despite not managing to knock down Camacho.

Meanwhile, Dagenham's Kevin Mitchell comfortably saw off Mexican Marco Lopez, with the fight being

Anthony Joshua, left, connects with the jaw of Emanuele Leo during their clash at The O2



How did your first pro fight feel?

"The key for everyone was 'relax and enjoy what you're doing'. I felt comfortable"

Anthony Joshua

stopped in round six to keep the IBF Inter-continental lightweight title in Essex.

Lee Selby beat Ryan Walsh on points, while Danny Connor lost his light-welterweight southern area title in a ferocious fight with Tony Owen, who was supported in the crowd by Paralympic gold medal-winner David Weir.

Addicks are battling hard

CHARLTON

Rob.Virtue
@wharf.co.uk

TWO draws before the international break are results to be proud of according to Charlton's goalkeeper Ben Hamer.

The Addicks' stopper said the side, who have had a number of key players out in recent weeks, had been battling admirably with a thin squad.

"They've been playing 90 minutes solid for three games," said the 25-year-old.

"Other squads with more depth get to rotate and get fresh legs on the pitch but we haven't really got that luxury at the moment. I think we're looking good.

"We've had a bit of a bad start and we hold our hands up and admit it



Ben Hamer, right, says Charlton did well to draw their last games

hasn't been good enough. Hopefully it's starting to take an upturn and we can continue our form after the international break."

Hamer kept his first clean sheet of the season against Blackpool on Saturday and said it was a relief.

"We've been waiting for a clean sheet all season," he said.

"It's been well-documented we haven't kept a clean sheet for a while now.

"I think it was even in the papers this morning, so it's obviously been on my mind."

In other news, Johnnie Jackson should be fit to return after the international break although Yann Kermorgant is still doubtful and Chris Solly is likely to be out long term.

After the break, Charlton travel to Blackburn on October 19.



GETTY

Blackheath wait to take victory

RUGBY Blackheath left it late to beat Tynedale 35 to 23 on Saturday.

On balance they deserved their victory, but it was only in the closing stages that the south Londoners put enough daylight between themselves and the opposition to feel secure.

Two penalties put Blackheath in the driving seat and on 32 minutes inside-centre Simon Whatling's long pass put Chris O'Neill across in the corner.



Blackheath's Simon Whatling

A period of mixed play, including a sin binning for Tynedale's Dan Rundle followed until the hosts finally closed things out with a try in the 71st minute.

On Saturday Blackheath travel to Esher before returning to Rectory Field a week later to face Rosslyn Park. Both kick-off at 3pm.

Venus strong in home game loss

RUGBY Millwall's ladies side, Venus, got a promising start to the season despite losing with an injury-depleted squad to Stanford-Le-Hope.

Ruth Hartley, Claire Vigier and Jen Faithfull scored first-half tries for the lead. But Stanford-Le-Hope hit three late tries to win 29-42.

The men's first and second teams won against May & Baker and Wandstead, respectively but the thirds lost to Ilford. The Seconds entertain Thurrock on Saturday at 3pm.

Claret and Blue army drive Irons to victory

WEST HAM

Rob.Virtue
@wharf.co.uk

SOMETIMES all it takes is 90 minutes to bring the feelgood factor back to a football club.

Toothless without striker Andy Carroll, West Ham have struggled for goals, as well as points, and had a tough run of fixtures ahead of them.

But after firing three past Tottenham at White Hart Lane on Saturday, belief has returned to the Irons camp.

It was off the pitch, as well as on it, that West Ham deserve praise.

Hammers fans were warned by police that they would face arrest if the term Yid was used during the match – a regular occurrence in previous meetings with Tottenham.

And co-owner David Sullivan praised the support for their respect.

"From the first minute to the last, the 3,000-strong Claret and Blue Army out-sang their hosts and made the match feel like a home game," he said in a statement.

"The way they got behind the team was up there with the best I have seen in my 20 years in football.



Irons Ricardo Vaz Te and Ravel Morrison celebrate their team's second goal

"Crucially, though, they also showed respect for the occasion and understanding of the magnifying glass that was on them in the build-up the game."

The Hammers face Manchester City at The Boleyn after the international break and will be looking to cause another upset.

Wildcats claw their way past Lions

BASKETBALL

THE London Lions may have lost their unbeaten record against Durham Wildcats 83-73 on Saturday but they made their opponents work for the result.

In the final quarter the Lions played tough defence right to the last two seconds before Ralph Bucci

calmed home fans nerves with a three pointer under pressure. The Lions were unable to equal the feat, with Julius Joseph's last ditch attempt rimming out.

Lions coach Vince Macaulay Macaulay said: "That was a bad loss. We should have never been in such a deep hole and it was a game we should have

won. We didn't rebound nearly well enough, however we move on to Wednesday and the visit of the Worcester Wolves to the Copper Box.

"We are not down, we know this is a long season and we will come back to this loss in practice." *London Lions v Worcester Wolves, Tues, 7.30pm.*

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Poplar

P17

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lid on its
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scheme

P16

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P16



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An artist's impression of how Greenland Place will look when completed

Barratt's Deptford scheme launch

A collection of more than 500 new homes in a regeneration hotspot next to Greenland Docks has been unveiled by Barratt London.

The array of one, two and three-bedroom apartments at Greenland Place in SE8 will be spread across five low-rise buildings as well as two towers, the largest rising to 22 storeys.

Prices start at £250,000 for a studio apartment in the 562-home development which includes an array of new shops, leisure facilities and transport links via Canada Water and Bermondsey.

Located in Evelyn Street, the scheme has been designed as a series of perimeter blocks, mews, courtyards and squares with landscaped courtyards and water

features. Most properties will have balconies while inside facilities include a fitness suite, cycle parking and a 24-hour concierge service.

Greenland Place's 65,000sq ft allocation of commercial space could offer those with a desire to work on their doorstep the chance to do so.

For commuters to Canary Wharf, Surrey Quays Overground station

offers connections to Canada Water and the Jubilee line.

For those who prefer a more tranquil route, services from Greenland Pier to Canary Wharf operate every 15 minutes.

For more information and guide prices contact the marketing suite on 084 4811 4334 or go to barratt-homes.co.uk.

Beth Allcock

First riverside flats in Greenwich for £1million+

THE first riverside apartments in Greenwich to have a price tag of more than £1million have been unveiled.

Launched at New Capital Quay by London-based developer Galliard Homes, the collection boasts 18 spectacular two and three-bedroom upper floor apartments and penthouses within the Admiral's Tower and King's Wharf buildings.

They have been finished to the developer's Platinum Specification – offering panoramic river views as well as fully-integrated touch screen home entertainment, audio and security technology and luxury within bespoke designed kitchens and Villeroy and Boch bathroom suites.

Prices for the properties at the SE10 scheme, which will offer 636 private apartments in total, start at £1.25million. Call 020 7620 1500 or go to galliardhomes.com.

A total of 18 apartments at New Capital Quay will go on the market for more than £1million



The future of Poplar



As homes hit the market **Beth Allcock** finds out what's at the heart of regeneration scheme

A £250million regeneration scheme will banish the spectre of neglect from a portion of Poplar according to the partners involved.

Aberfeldy Village, a project by builder Willmott Dixon and social landlord Poplar Harca, will see the creation of 1,176 new homes for all tenures – including a large chunk for those who want to rent privately – over the next 12 years.

Andrew Telfer, divisional chief executive at Willmott Dixon, admitted the E14 patch had been neglected but said the partnership was “really making things happen”.

The first phase of homes including one-bed studios and one and two-bedroom apartments will be released off-plan this month.

“What we are trying to do is create that sense of place here as an area where people want to live,” said Andrew.

“Here, you will have somewhere that feels like home. There has been a lot of interest so far – for our behalf, we had 15 calls last week and the properties are not going to be available until spring 2015.

“That’s quite exceptional. For people coming from the Canary Wharf area, I think a lot of them will find this is a great place and it’s so quick for their journey.”

Granted planning permission last year, Aberfeldy Village represents the largest investment in this area of



Top, an artist's impression of Aberfeldy Village. Above, a sample interior for the development

London, as well as being linked to the wider Olympic legacy regeneration plan.

All residents will be creating a mixed community spread alongside a new central street with retail facilities, a multi-use community centre, healthcare facilities and landscaped green areas with public art.

Bernadette Conroy, chairman of Poplar Harca, said harnessing the views of existing East Enders had been key throughout the project.

What is the aim of this housing scheme?

“Here, you will have somewhere that feels like home.”

“One of the most important stakeholder groups behind these plans has been our residents,” she said. “It’s their commitment to the community that

has helped to develop our masterplan and the future of the Aberfeldy Estate.

“Community spirit and views have been fundamental in putting this package together.”

Residents will be able to travel to Canary Wharf and further afield via the nearby East India DLR station.

Prices are likely to start at £200,000.

For more information about the scheme, go to av-e14.com.



By Dawn Sandoval

Making sure you follow all planning rules

Q My partner and I have recently purchased a beautiful Edwardian house that we intend to refurbish. However, when it comes to such works I am a complete novice. Do I need planning permission and if so, how do I go about getting it?

A Period properties are a pure delight but when it comes to refurbishing or extending, it is extremely important you check whether the proposed works are classified as “permitted development” or require planning permission.

It is also important you find out if the property is listed in any way as this could prevent some types of alteration.

You should also determine whether it's in a conservation area.



Period properties can be restricted in terms of development

Permitted development usually covers things like loft conversions and extensions or additions to your house as long as they meet certain limits and conditions.

With all building work, the owner of the property (or land) in question is ultimately responsible for complying with the relevant planning rules and building regulations.

Failure to comply will result in the owner being liable for any remedial action, which could go as far as demolition and restoration.

The general advice is always to discuss what you're doing with the relevant local planning authority and building control service.

If your works need planning approval you will find most things are handled online.

Go to planningportal.gov.uk – this site contains everything you need to get started and goes into great detail on all aspects of building work, planning and building control.

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to newsdesk@wharf.co.uk.

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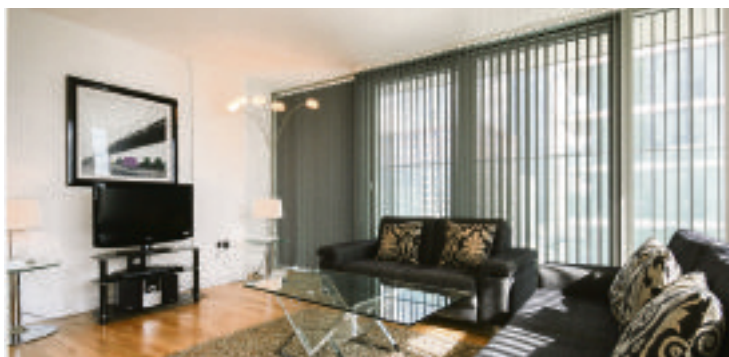
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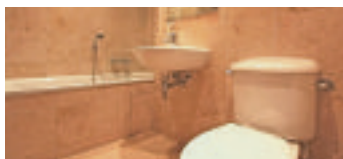
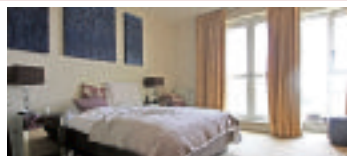


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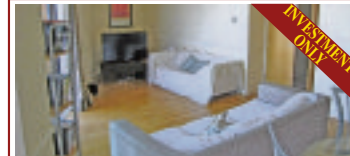
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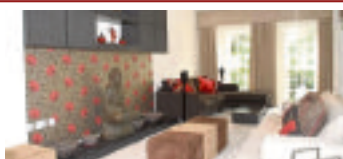
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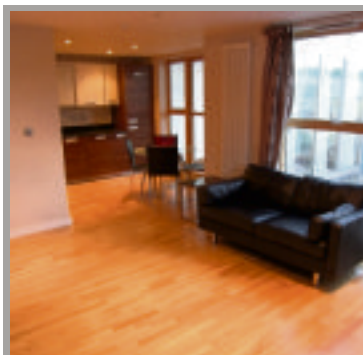
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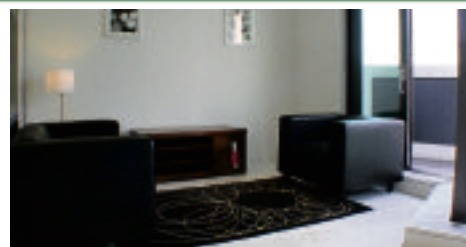
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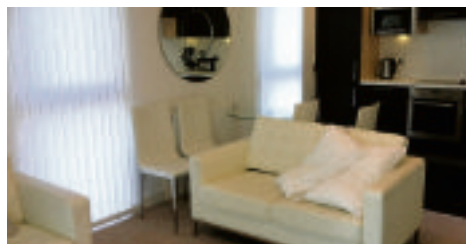
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- Fully fitted high spec kitchen with all appliances, balcony wrapping around the living room & bedroom, gym & 24 hour concierge
- Right next to Dalston junction station

£350 p/w**Call 020 7510 1050**

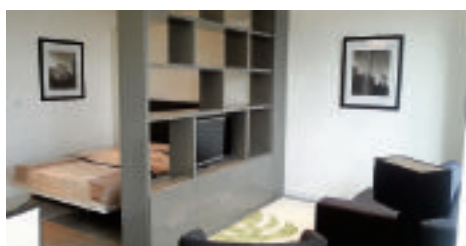
Bridges Wharf, SW11

- A selection of furnished one / work and live unit apartments
- Fully fitted high spec kitchens, wood flooring to the reception room & hallway, balcony with river view, 24 hours concierge & underground parking
- Easy access to Sloane Square & Kings Rd

From £355 p/w**Call 020 7510 1050**

Ink Building, W10

- A selection of two beds/ two baths apartments
- Wood laminate flooring throughout living area, modern fully fitted kitchen, 24hrs concierge & secure parking
- Closed to Ladbroke Grove Station

£460 p/w**Call 020 7510 1050**

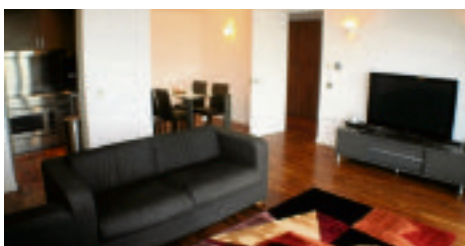
Triton Building, NW1

- A brand new studio on 8th floor in Regent's Place development
- Fully fitted kitchen, lift, & 24 hours concierge
- Close to Euston station & local amenities

£485 p/w**Call 020 7510 1050**

The Westminster, SW1

- A selection of 1/2 beds apartments in the heart of London
- Wooden flooring throughout living area, modern fully fitted open planned kitchen, under floor heating, lift & secure underground parking
- Closed to Westminster & St James Park Station

From £500 p/w**Call 020 7510 1050**

New Providence Wharf, E14

- A two beds/ two baths apartment on the 9th floor with direct Thames river view
- American walnut wood strip flooring to hall & living area, fully fitted kitchen with 24 hrs concierge
- Within a short walk of East India & Blackwall DLR

£540 p/w**Call 020 7510 1050**

The One, Porchester Road, W2

- Contemporary 2 bedrooms 2 bath Luxury apartment on 3rd floor
- Modern appliances & refined interior décors, wood flooring throughout, luxury & modern bathrooms
- Walking distance to Bayswater & Queensway Stations

£595 p/w**Call 020 7510 1050**

Vantage Properties & Management Ltd 卓越物業管理有限公司

24 Skylines, Limeharbour, London E14 9TS

email: london@vantage-uk.com web: www.vantage-uk.com



ALAN SELBY AND PARTNERS

Estate Agents | Land & Development Consultants



Windmill House, E14

- £269,995
- Two bedroom apartment
- First floor
- Separate kitchen
- Ideal first time purchase
- Chain free



Avant Garde, E1

- £462,500
- One bedroom apartment
- City fringe location
- 10th floor
- Views over London
- Chain free



Rainbow Avenue, E14

- £1,350,000
- Four bedrooms
- Townhouse
- Terrace
- Overlooking River
- Off-Street Parking



Baltimore Wharf, E14

- £569,995
- Two bedroom apartment
- 11th floor
- Excellent condition
- Superb leisure facilities
- Chain free



The Heron, EC2

- £1,465,000
- Two bedroom apartment
- 29th floor
- Stunning Views
- Valet parking
- Private Residence Club



020 7519 5900
info@alanselby.co.uk
www.alanselby.co.uk

ALAN SELBY AND PARTNERS

Traditional values | A modern approach



EPC
Rating:
C

Merchant Court

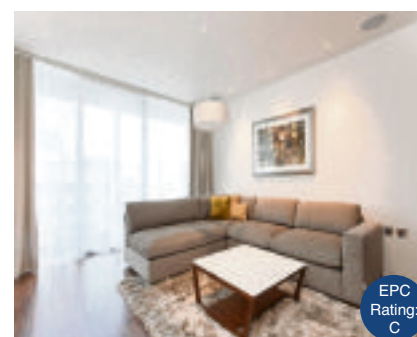
- £560 Per Week
- Two Bedroom
- Character Property
- Concierge Service
- Secure Gated Parking
- Available Now



EPC
Rating:
B

Vanguard Building, E14

- £440 Per Week
- Two Bedrooms
- Two Bathrooms
- Concierge
- Leisure Facilities
- Available Now



EPC
Rating:
C

The Heron

- £560 Per Week
- Balcony
- 24 Hour Concierge
- Leisure Facilities
- West Facing Views
- Available Now



EPC
Rating:
B

Landmark East, E14

- £575 Per Week
- 29th Floor
- Two Bedrooms
- Two Bathrooms
- North-East Aspect
- Available Now



EPC
Rating:
C

The Heron

- £1,225 Per Week
- Two Bedrooms
- Two Bathrooms
- 24 Hour Concierge
- Leisure Facilities
- Available Now

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Craig Tower, E3

- One Bedroom
- 6th Floor
- Concierge
- Langdons Park DLR

£280pw

EPC-TBC



Panoramic Tower, E14

- Brand New Development
- One Bedroom
- Gym and Daytime Concierge
- Langdons Park DLR

£315pw

EPC-TBC



Diprose Court, E3

- Two Bedrooms
- Balcony
- Concierge
- Langdons Park DLR

£360pw

EPC-TBC



Landmark East, E14

- One Bedroom
- One Bathroom
- Gym and 24 Hour Concierge
- Heron Quays DLR

£395pw

EPC-TBC



Dovecote House, SE16

- Two Bedrooms
- Two Balconies
- Secure parking
- Canada Water Jubilee Line

£475pw

EPC-TBC



Panoramic Tower, E14

- Two Bedrooms
- Balcony
- Gym and 24 Hour Concierge
- Heron Quays DLR

£565pw

EPC-TBC



Landmark East, E14

- Two Bedrooms
- Balcony
- Gym and 24 Hour Concierge
- Heron Quays DLR

£575pw

EPC-TBC

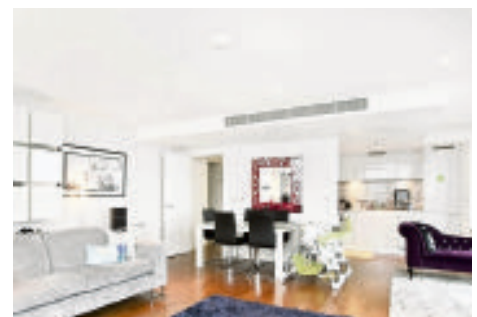


Belgrave Court, E14

- Two Bedrooms
- Balcony
- 24 Hour Concierge
- Westferry DLR

£625pw

EPC-TBC



Landmark East, E14

- Three bedrooms
- Balcony
- Allocated parking
- Heron Quays DLR

£1,100pw

EPC-TBC



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Hera Court, E14

£275,000 L/H

- One bed apartment
- Gated riverside development
- Allocated parking
- Mudchute DLR

EPC - C



21 Wapping Lane, E1W From £320,000 L/H

- Selection of Studio suites
- Brand new development
- Beautifully designed
- Completion 2014

EPC - TBC



Landmark East, E14

£370,000 L/H

- One bedroom
- Luxury apartment
- 24hr Concierge & gym
- Heron Quay DLR

EPC - B



Craig Tower, E3

£390,000 L/H

- Two Bed, Two Bath
- Balcony
- Concierge
- Langdons Park DLR

EPC - C



Marine Wharf, SE16

£460,000 L/H

- Two bed, two bath
- Brand new apartment
- Residents Parking
- Canada Water Jubilee

EPC - TBC



Forge Square, E14

£435,000 L/H

- 613ft² apartment
- One bedroom
- 5th floor, stunning views
- Immaculate condition

EPC - B



Landmark East, E14

£495,000 L/H

- One bed luxury apartment
- 40th floor views
- 24hr Concierge & gym
- Heron Quay DLR

EPC - B



Baltimore Wharf, E14

£615,000 L/H

- Two bed, two bath
- 3rd floor, 829sqft
- Spa, gym & pool
- Concierge Service

EPC - C



Discovery Dock West, E14 £799,000 L/H

- Immaculate two bed, two bath
- Stunning Dual Aspect Views
- Secure Underground Parking
- Circa 900 sqft plus large balcony

EPC - C

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WORLD'S FINANCIAL POWERHOUSES, A FRESH BREEZE FROM THE RIVER
AND APARTMENTS WITH STUNNING VIEWS.**

Unit 2, South Quay Plaza,
185 Marsh Wall, Canary Wharf,
London, E14 9SH

Felicity J. Lord



**THE EQUINOX, E14
£380pw**

Stunning two double bedroom, two bathroom apartment with partial river views. Huge open plan living space with wood floors and access to a spacious private balcony, luxury fitted kitchen with modern appliances. Parking available by separate negotiation.

CANARY WHARF
020 7093 1600
Ref: FJL001
EPC - B



ABILITY PLACE, E14 £360pw

Exceptional studio apartment located on the 9th floor benefiting from 24 hour concierge, leisure facilities and swimming pool. Floor to ceiling windows and access to a large balcony, stylish fitted kitchen and luxury bathroom suite.

CANARY WHARF 020 7093 1600
Ref: FJL002 | EPC - C



FARRANCE STREET, E14 £330pw

Immaculate two bedroom, two bathroom apartment within a modern secure development, finished to a high standard. Comprising of a modern open plan kitchen with integrated appliance, spacious living room and balcony.

CANARY WHARF 020 7093 1600
Ref: FJL003 | EPC - C



ANCHORAGE POINT, E14 £500pw

Stylish and chic two bedroom apartment offered fully furnished with dual aspect, spacious open plan living area boasting two balconies. This secure development benefits from 24hour concierge and leisure facilities including full sized pool.

CANARY WHARF 020 7093 1600
Ref: FJL004 | EPC - D



**LANGBOURNE PLACE, E14
£380pw**

Splendid two bedroom apartment in this fantastic riverside development. Offered fully furnished with amazing direct river views. Hardwood floors and master with en suite and further double. Stylish lounge leading to private balcony. Property benefits from secure underground parking.

CANARY WHARF
020 7093 1600
Ref: FJL005
EPC - C



TYNDAL COURT, E14 £290pw

Spacious two bedroom apartment located in this purpose built development, the property has been decorated throughout with neutral colours with a spacious bright and airy lounge with separate kitchen with a modern bathroom suite.

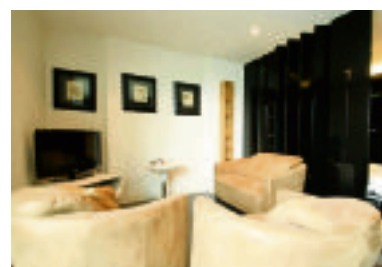
CANARY WHARF 020 7093 1600
Ref: FJL007 | EPC - C

BOARDWALK PLACE, E14

£450pw

Fabulous high spec two double bedroom, two bathroom apartment with superb views in a sought after development five minutes walk from Canary Wharf. Comprising a large reception room with dining area, small private balcony with marina views and luxury fitted kitchen. Offered with allocated parking.

CANARY WHARF
020 7093 1600
Ref: FJL008
EPC - C



PAN PENINSULA, E14 £340pw

Marvellous studio suite offered fully furnished throughout with a fabulous dock view from the private balcony. With luxury bathroom and high specification kitchen. Offering the finest of facilities including gym pool, six senses spa and cinema and 24hr concierge.

CANARY WHARF 020 7093 1600
Ref: FJL009 | EPC - B



NEUTRON TOWER, E14 £380pw

Breathtaking river views from this superb two bedroom apartment. Situated on the 16th floor, offered furnished or unfurnished. Hardwood floors, 24hr concierge and adjacent to East India DLR for an easy commute. Rent is inclusive of utility bills.

CANARY WHARF 020 7093 1600
Ref: FJL010 | EPC - C

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AND APARTMENTS WITH STUNNING VIEWS.

Unit 3c, South Quay Plaza,
185 Marsh Wall, Canary Wharf,
London, E14 9SH

Felicity J. Lord



THE TRIANGLE, E14 PRICES FROM £300,000

A selection of brand new two double bedroom apartments measuring from 762sqft to 807sqft. All apartments will be finished to a high specification and ready for occupation in Spring 2014. This well located development is a short walk from Crossharbour DLR and Canary Wharf. Be quick to reserve these attractively priced apartments.

CANARY WHARF
0207 987 6776
Ref: FJL026904216
EPC - C



RAINBOW AVENUE, E14 £619,995

This rare four double bedroom Freehold house comes with two bathrooms, a private walled garden and a fabulous family sized kitchen diner. This well proportioned house is finished in a contemporary style and is offered to the market Chain Free.

CANARY WHARF 0207 987 6776
Ref: FJL026904217 | EPC - C



CANARY CENTRAL, E14 £284,995

Immaculately presented, spacious 1 double bedroom ground floor apartment, overlooking the court yard inside a gated development. The property offers a fully fitted kitchen, modern bathroom, 24 hour concierge, leisure facilities including gym and pool.

CANARY WHARF 0207 987 6776
Ref: FJL026904203 | EPC - B



NEW ATLAS WHARF, E14 £745,000

This huge three double bedroom apartment comes with superb west facing River Thames and City views. Finished to a high specification this rare property also includes under cover parking and a river facing terrace.

CANARY WHARF 0207 987 6776
Ref: FJL026904113 | EPC - C



ONTARIO TOWER, E14

£509,000

This large two double bedroom apartment is positioned on the 9th floor of this iconic riverside development. Finished to a very high specification and measuring just under 1000 sq ft this contemporary styled property also comes with river views.

CANARY WHARF
0207 987 6776
Ref: FJL026904173
EPC - B



BALTIMORE WHARF, E14 £479,995

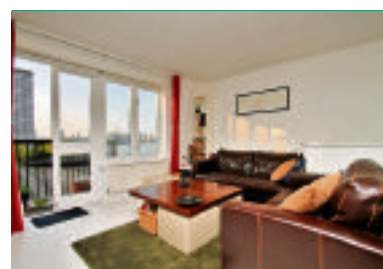
An attractively priced two double bedroom apartment positioned on the raised ground floor of Baltimore Wharf. This east facing apartment is finished to a high specification throughout and comes with valet parking, gym, pool and leisure facilities.

CANARY WHARF 0207 987 6776
Ref: FJL026904145 | EPC - C

INDESCON SQUARE, E14 £599,995

This rare apartment comes with a spacious living room and three large double bedrooms. With a bright westerly aspect, this well presented sixth floor apartment also includes a secure car parking space. Indecon Square is within a few minutes walk to Canary Wharf and South Quay DLR.

CANARY WHARF
0207 987 6776
Ref: FJL026904157
EPC - C



VERMEER COURT, E14 £359,995

This beautifully presented two bedroom split level apartment has stunning views over The River Thames and Canary Wharf. Positioned on the second and third floors of this well located development, within walking distance to Canary Wharf.

CANARY WHARF 0207 987 6776
Ref: FJL026904069 | EPC - C



PIERHEAD LOCK, E14 £289,995

This large 1 bedroom apartment comes with a huge south facing private terrace and an underground car parking space. This recently refurbished property is offered to the market Chain Free and ready to move in to.

CANARY WHARF 0207 987 6776
Ref: FJL026904215 | EPC - C

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CHARACTERS ALL OF THEIR OWN. WE LOVE LONDON'S VILLAGES AND
WE KNOW WHY BUYERS DO TOO.

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Felicity J. Lord



**KING GEORGE ST,
SE10**

£800,000-£850,000

An immaculately presented two bedroom period house on a premier residential street in West Greenwich. Open day, by appointment, 19th October. Please call Felicity J Lord for viewing arrangements.

GREENWICH
020 8293 8555
Ref: FJL027104069
EPC C



POINT HOUSE, SE10

£635,000

A large period apartment, set in a prominent position in West Greenwich, featuring high specification kitchen and bathrooms, and a wealth of period features, including a stunning high ceiling in the reception area.

GREENWICH 020 8293 8555
Ref: FJL027104075 | EPC C



PLUMBRIDGE ST, SE10

£495,000

A beautifully presented two double bedroom terrace cottage, featuring two first floor bathrooms and a wealth of original features, including stripped wooden doors and floorboards and feature fireplaces.

GREENWICH 020 8293 8555

Ref: FJL027103902 | EPC C



ANGEL WHARF, SE16
£975,000

A chance to acquire this exceptional warehouse apartment extending to over 2300 sq ft situated within this period building close to the River Thames. The property offers flexible living space throughout and is close proximity for easy access into the city and west end. Early viewing is highly recommended.

SHAD THAMES 020 7089 6490
Ref: FJL027603653 | EPC C



**ANCHOR
BREWHOUSE, SE1**
GUIDE PRICE
£850,000 - £900,000

This unique two bedroom riverside property affords wonderful views towards Tower Bridge and over the River Thames. Set in the prestigious Anchor Brewhouse on Shad Thames, the property also offers concierge service and secure parking, recommended.

SHAD THAMES
020 7089 6490
Ref: FJL027604502 | EPC E



VANILLA & SESAME COURT, SE1
£799,995

This gorgeous two bedroom two bathroom apartment is found on the 5th floor of this central Shad Thames development. Internally this spacious apartment offers views towards the Shard, fully integrated kitchen and secure parking included.

SHAD THAMES 020 7089 6490
Ref: FJL027604459 | EPC B

GLOBE WHARF, SE16
£360,000 - £380,000

A unique one bedroom apartment approximately 800sqft internally, forming part of this converted 'Rice Mill' benefitting from exposed brickwork, beams and warehouse style windows. The development has use of gym, swimming pool and concierge service.

SURREY QUAYS
020 7237 2320
Ref: FJL113200894
EPC C

**SOLD
ANOTHER
WANTED**



NEW ARCHERS COURT, SE16
£600,000 - £650,000

A two bedroom apartment forming part of this unique development set along the cobbled streets of Rotherhithe Village, benefitting from exposed brickwork, excellent internal finish and being within walking distance to fantastic transport links.

SURREY QUAYS 020 7237 2320
Ref: FJL113200497 | EPC B



TAVISTOCK TOWER, SE16
£410,000

A bright and spacious two bedroom, two bathroom overlooking Greenland Dock, with access to private balcony with dock views and allocated parking space.

SURREY QUAYS 020 7237 2320
Ref: FJL113200876 | EPC C

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DOCKLANDS & SURROUNDS

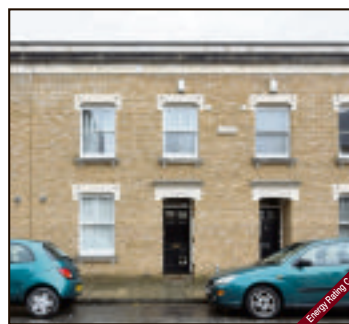
020 8981 3331

**Mile End, E3**

W.J.Meade are delighted to offer for sale this outstanding five storey Grade II Georgian listed terraced house set within the centre of the Tredegar Square Conservation Area. The many features include four bedrooms, two bathrooms, through living room, guest WC, fitted kitchen, dining room, conservatory, study, amazing east facing rear garden, terrace, separate entrance to lower ground floor level, gas central heating.

£1,300,000 F/H**Mile End, E3**

W.J.Meade are delighted to offer for sale this top (3rd) floor apartment within this purpose built block. The many features include living room, separate fitted kitchen, three piece bathroom suite, two double bedrooms and allocated off street parking behind security gates. This property is within walking distance of Mile End underground station, local shops, stores and amenities.

£330,000 L/H**Mile End, E3**

W.J.Meade are pleased to offer for sale, on a sole agency basis, this well presented two double bedroom freehold house within the Popery Street Conservation Area. This modern built property is designed in a period style and is arranged with a fully fitted kitchen, separate reception room, two bathrooms and south facing garden set on a no-through road, immediately south of Mile End station. Ideally situated for access to the City and Canary Wharf, as well as many local amenities including Mile End and Victoria Park.

£499,995 F/H**Bethnal Green, E2**

W.J.Meade are pleased to offer for let this well presented one bedroom flat on the top floor of a well kept council block. Situated on a no through road just moments from Bethnal Green underground station, close to local amenities and Victoria Park. Arranged with a bespoke fitted kitchen and modern bathroom. Also benefiting from updated gas central heating, security entry phone system and double glazing. Property comes furnished or un-furnished and is available now for long let.

£280 pw**Mile End, E3**

W.J.Meade are pleased to offer this mid terrace period style house within the Tredegar Square Conservation Area. Arranged with a spacious dual aspect reception room, fitted kitchen/breakfast room, ground floor WC, first floor bathroom, three bedrooms and private rear garden. Blending Victorian design with modern practicality in a popular setting close to Mile End station and local amenities.

£675,000 F/H**Poplar, E14**

WJ Meade are pleased to offer for sale this split level ex-local authority maisonette within a seven storey block situated close to All Saints DLR station. Arranged with two double bedrooms, fitted kitchen, three piece bathroom suite and reception room with adjoining south facing balcony. Benefiting from security entryphone system, double glazing and gas central heating. Within walking distance of Canary Wharf and surrounding transport links.

£209,995 L/H**Bow, E3**

W.J.Meade are pleased to offer this one bedroom first floor flat within a Victorian house conversion. Arranged over 492 sq ft with separate fitted kitchen to reception and the benefit of loft storage space. Retaining many period features such as sash windows and cast iron fire places, alongside contemporary decor and fittings. Well positioned for Bow Road underground station, Victoria Park and Roman Road market.

£275,000 L/H**Bow, E3**

A modern one bedroom apartment within a secure private development, easy reach of Mile End tube station and all local amenities. Large open plan kitchen/lounge with a west facing balcony, very bright and airy throughout, stone throw away from Victoria Park. Property comes furnished with optional parking, ideal for a professional couple, available beginning of November for long let.

£285 pw

STRATFORD & ROYAL DOCKS

020 8221 8161

**PUBLIC NOTICE**

190 Central House, Stratford, London, E15 2NZ. W J Meade are now in receipt of an offer for the sum of £237,500 on the above property. Anyone wishing to place an offer on this property should contact WJ Meade at 41 Broadway, Stratford, London E15 4BQ or on 020 8221 8161 before exchange of contracts.

£237,500 L/H**Central Stratford, E15**

Two Double Bedroom ground floor flat set in a small development in Central Stratford minutes away from Stratford Station and Westfield Shopping Mall. This property is an ideal buy-to-let investment.

£185,000 L/H**Forest Gate, E7**

Bringing to the market for sale this three storey semi detached period property. The property comprises of six bedrooms, two reception rooms, kitchen / diner and off street parking. This would make an ideal family home benefiting from Earlham Primary School only across the road and West Ham park being only a short walk away. Also conveniently situated for forest Gate and Stratford stations along with the Westfield development.

£700,000 F/H**Central Stratford, E15**

Three Double Bedrooms
Two Reception Rooms
Fitted Kitchen
Ground Floor Bathroom
Available mid October

£1,700 pcm
www.wjmeade.co.uk



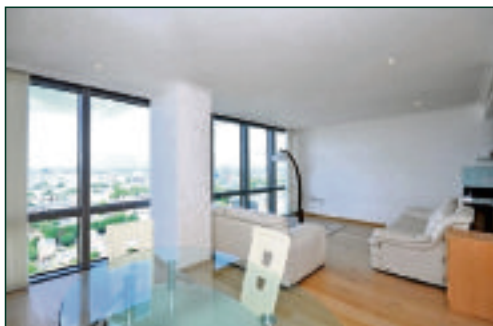
Chase Evans



Port East, E14 **£700,000 L/H**

Two bedroom, two bathroom apartment situated on the first floor of this grade 1 listed warehouse conversion opposite Canary Wharf and boasting exposed brickwork and beams, wood flooring, balcony and a contemporary fitted kitchen. Allocated parking and 24 hour concierge service.

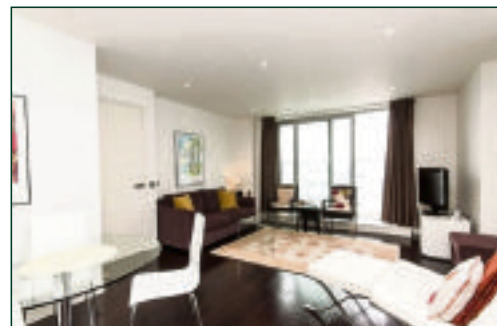
Docklands 020 7510 8444



No 1 West India Quay, E14 **£650,000 L/H**

Two double bedroom, two bathroom, 19th floor apartment of approx. 950 sq ft.. Light reception room with panoramic views through floor to ceiling windows, open-plan kitchen, utility room and stylish bathrooms. Quayside location opposite the Canary Wharf estate.

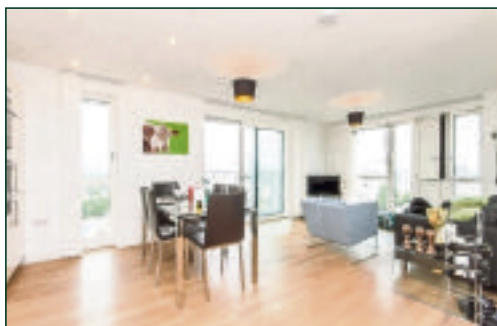
Canary Wharf 020 7515 1000



Pan Peninsula, E14 **£520,000 L/H**

Large one bedroomed, balcony apartment offering superb views across London situated on the 31st floor of this iconic development with 24 hour concierge, fully staffed fitness suite with pool, residents' cinema and 48th floor cocktail bar and waterside restaurant.

Pan Peninsula 020 7536 7900



Marner Point, E3 **£460,000 L/H**

Three bedroom, two bathroom apartment with private balcony on the tenth floor of this stylish tower ideally located next to Bromley by Bow tube station. High quality finishing throughout, 24 hour concierge service, residents' gymnasium and communal roof terraces.

Docklands 020 7510 8444



Proton Tower, E14 **£379,995 L/H**

Well presented, contemporary, two bedroom, two bathroom apartment with river Thames and O2 views, situated on the ninth floor of this popular development with residents' gym and 24 hour concierge located just moments from East India DLR.

Pan Peninsula 020 7536 7900



Lanterns Court, E14 **£305,000 L/H**

A contemporary, one bedroom, first floor, balcony apartment with wooden flooring, modern bathroom and open-plan kitchen. Popular development with 24 hour concierge located within easy access of South Quay DLR station and Canary Wharf Jubilee line tube station.

Docklands 020 7510 8444



Times Square, E1 **£480 pw**

A spacious two bedroom, two bathroom property located on the top floor of this modern, courtyard development with concierge service within walking distance of the City, Brick Lane and Shoreditch. The property features a full length balcony, wood floors and contemporary kitchen.

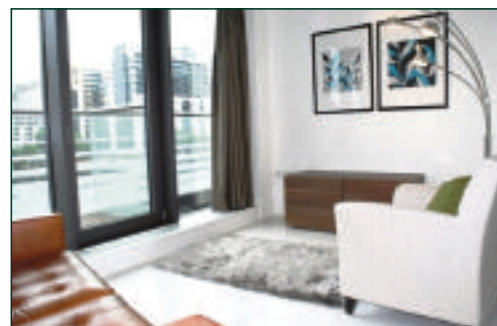
Docklands 020 7510 8444



21 Wapping Lane, E1 **£385 pw**

Third floor, one bedroom apartment with balcony and views over the courtyard garden, high specification fixtures and fittings, designer furnishings and 24 hour concierge service. Ideally located only 10 minutes away from Tower Hill and just moments from Wapping overground station.

Canary wharf 020 7515 1000



Baltimore Wharf, E14 **£325 pw**

Designer furnished studio suite with west facing balcony overlooking the dock, separate living and sleeping areas, fully equipped kitchen and luxury bathroom on the third floor of this sought after development with 24 hour concierge and leisure facilities close to Canary Wharf.

Pan Peninsula 020 7536 7900

Canary Wharf office

Horizon Building, 15 Hertsmere Road, London E14 4AW

Tel: 020 7515 1000 | canarywharf@chaseevans.co.uk

Pan Peninsula office

Pan Peninsula, 1 Millharbour, London E14 9XP

Tel: 020 7536 7900 | panpeninsula@chaseevans.co.uk

Docklands office

St Davids Square, 320 Westferry Road, London E14 3QL

Tel: 020 7510 8444 | docklands@chaseevans.co.uk

Head office and Property Management

Third Floor, 6 Malvern House, 199 Marsh Wall, London E14 9YT

Tel: 020 7510 8430 | propertymanagement@chaseevans.co.uk

Docklands office

429 Westferry Road, London E14 3AN

e docklands@hollandproperties.co.uk

t 020 7538 5554

Surrey Quays office

192 Lower Road, Surrey Quays, London SE16 2UN

e surreyquays@hollandproperties.co.uk

t 020 7231 8160

**Telegraph Place, London, E14****£550 p/w**

Four bedroom house perfect for a family or house sharers. Laminate wood flooring throughout plus high specification in bathrooms and kitchen. Other benefits also including a large garden, parking and close to Mudchute DLR station.

**The Sphere, London, E16****£315,000 Leasehold**

A well-presented third floor two bedroom apartment set within this popular residential development, comprising: entrance hallway, open plan kitchen, two double bedrooms both with private balconies, en-suite shower room, guest bathroom, 24hr concierge and is offered with no onward chain.

**East Ferry Road, London, E14****£590 p/w**

Located on Eastferry Road is this four bed semi detached house offers two reception rooms, two bathrooms, modern kitchen with dining area and large garden. Just a few minutes walk to Mudchute DLR station offering easy access into Canary Wharf and the City.

**Friars Mead, London, E14****£224,995 Leasehold**

A very well presented one bedroom ground floor apartment situated within this highly desirable cul-de-sac, close to Crossharbour and South Quay DLR stations. The apartment comprises: entrance hallway, reception room/open plan kitchen, double bedroom and bathroom and parking. Agents Note: The vendor is currently in the process of extending the lease.

**Boardwalk Place, London, E14****£460 p/w**

Situated on the 4th floor of this river facing block in Boardwalk Place comes this two bedroom two bathroom apartment. Offering a balcony, fitted kitchen, en suite bathroom, parking and concierge services. Just a short walk into Canary Wharf and DLR.

**Tarplett House, London SE14****£159,995 Leasehold**

The one bedroom apartment is located on the 2nd floor of this popular development comprising a fitted kitchen, double bedroom, bathroom, off street parking and entrance phone system. PLEASE NOTE THIS IS AN INVESTMENT PROPERTY AS IT IS CURRENTLY RENTED UNTILL FEB 2014.

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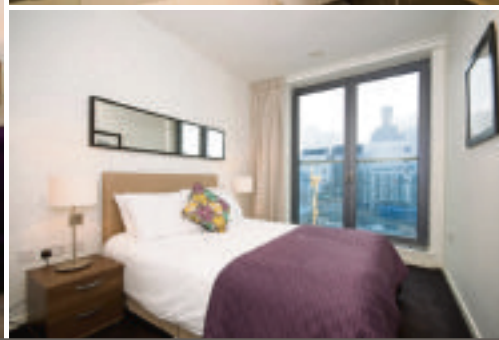
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Stunning one bedroom apartment with dock views

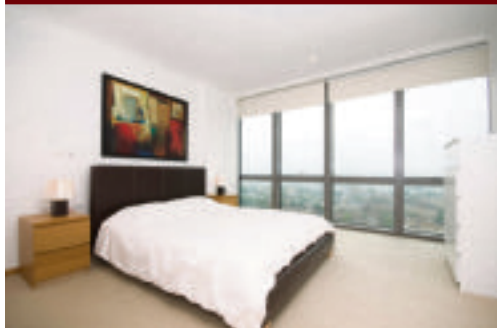


Baltimore Wharf, Limeharbour, Canary Wharf, London, E14

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£800 per week

No 1 West India Quay, 26 Hertsmere Road, Canary Wharf, London, E14

A stunning north east facing two bedroom, two bathroom apartment situated on the 19th floor of this luxury dockside development just minutes walk from Canary Wharf. Offered furnished this property boasts floor-to-ceiling windows throughout, modern fitted kitchen, contemporary bathroom suites, secure parking and 24hr concierge.

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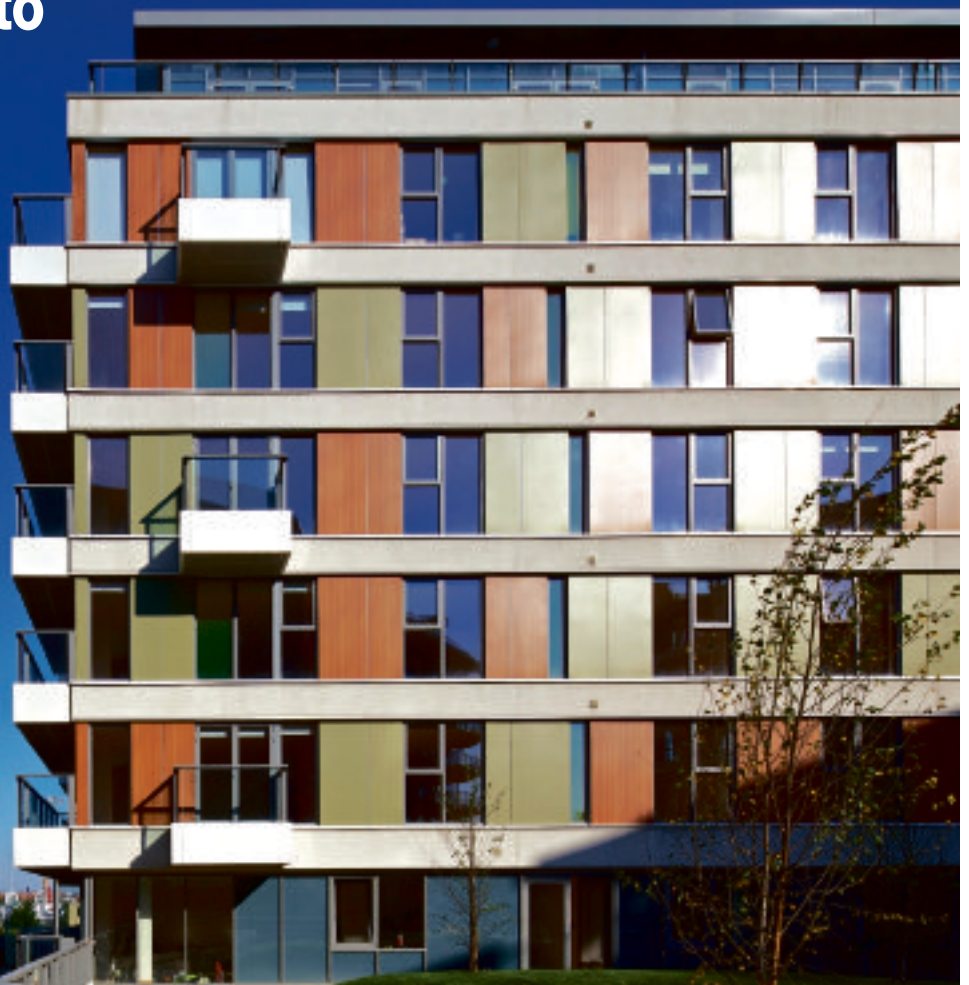
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